



Curriculum Drivers PSHE / RSE

High Aspirations

Through PSHE, we make certain that children have high aspirations. Each year group studies different inspirational figures which makes children aware of the different types of jobs they could do, raising their aspirations. Children are taught about fixed and growth mindset and encouraged to think about the power of yet and being resilient. We equip our children with the knowledge, skills and emotional literacy to be able to play an active, positive and successful role in today's diverse society. Children have also had the opportunity to have workshops to increase skills, using our emotional wellbeing support practitioner. The impact of this is that children are understanding ways they become well rounded individuals and how to contribute to society.

Moral Values

Through PSHE, we ensure all children develop strong moral values around the Catholic Faith. Bible stories and scripture are often studied as an opportunity to discuss morals and values. Children can relate to the thoughts and feelings of the Biblical figures. We raise pupil awareness of gender stereotyping, and the detrimental and limiting effect it can have on someone's behaviour, self-esteem and future aspirations. Pupils are encouraged to think about where stereotypes could be challenged and how they can be a good person. We discuss different scenarios and understanding right and wrong.

Culture and Arts

We empower our children to be socially mobile by having a wide exposure to different cultures. Each year group, explore different cultures, values, beliefs and world views. Children are given opportunities to explore and celebrate British diversity, develop an understanding of the differences between people and how discrimination can negatively impact people's lives. Art and PSHE contributes to supporting the development of skills such as self-esteem, teamwork, and critical thinking. Having a strong emphasis on culture and arts ensures children are exposed to different cultures and movements in history, in turn supporting their tolerance and social mobility.

Emotional and Mental Well-Being

Through PSHE, we equip our children to have the tools and ability to recognise, understand and manage their emotions. This is taught in a range of ways including class feelings check in, circle times, story time, looking at scenarios and PSHE sessions. Every year group practises mindfulness sessions daily, much of these focuses on drawing and listening to music to become in tune with their feelings. Children learn to understand different emotions and coping strategies through our whole school behaviour and relationship policy. Each class also has a worry box that can be used to write down their feelings in a different way.

Sporting Opportunities and Physical Health

Our PSHE curriculum supports sporting opportunities and physical health. Children can explore how exercise can positively impact their mental health. Through brain breaks and PSHE mindfulness sessions children can regulate their emotions through movement. Moreover, Muddy Puddle lessons also ensure children can spend much of their learning outside, in nature. We recognise that being outdoors enhances children's mental health. We equip children with the skills and knowledge on how to build resilience and nurture their mental and physical health. Using the classes feelings check in, children are encouraged daily to discuss their feelings and through PSHE are learning ways to manage them.