

Personal, Social and Health Education

(PSHE)

At St. Philip's we acknowledge the need to address issues raised by the experience of pupils today. This takes place in an environment where children learn about personal and social development in the context of the Catholic faith. It is clear that every area of school life can potentially contribute to PSHE, as the school, by its very nature, operates through positive human relationships.



Aims of Personal, Social and Health Education (PSHE)

- To develop self- confidence and self –esteem
- To value themselves as individuals and to respect differences between people
- To prepare pupils to play an active role as responsible and caring members of society.
- To help pupils develop a healthier and safe lifestyle.

All classes throughout the school follow the SEAL (Social and Emotional Aspects of Learning) programme. It provides a structured whole-curriculum framework for developing children's social, emotional and behavioural skills. PSHE is taught through R.E and science, as well as other areas of the curriculum by way of a cross – curricular approach.

We recognise that PSHE requires a sensitive approach that is matched in particular by the special needs and concerns of pupils. Teachers use their professional judgement when addressing issues in this subject and careful consideration is given to the inevitable wide and varied experience and backgrounds of the pupils in our classes.

Sex and Relationship Education (SRE)

At St.Philip's, Sex and Relationship Education is presented in the context of the Gospel values upheld by the Catholic Church. Aspects of sex and relationship education will be covered as part of the statutory element of the Science National Curriculum.

It is taught progressively throughout the school as part of the overall PSHE framework and delivered through the 'Journey in Love' programme. It will be taught as a blocked unit of work during the summer term. Parents and carers will be given the opportunity to discuss the programme and see the materials, with teachers before the programme is delivered.

Aims of Education for Personal Relationships

- To encourage pupils' growth in self-respect, acknowledging that we are all made in the likeness of God.
- To help pupils to understand that love is the central basis of relationships.
- To help pupils to understand the nature of relationships and to encourage them to reflect on their own relationships .
- To develop pupils' confidence in talking, listening and thinking about feelings and relationships.
- To offer sex education in the wider context of relationships.
- To ensure that pupils protect themselves and ask for help and support when needed.
- To ensure that pupils are ready for puberty.
- To help pupils develop a healthier, safer lifestyle.