

## Personal Social Health Education and Citizenship

PSHE at St Mary's is important and as a Catholic school it is embedded in the ethos of the school as defined in the Mission Statement and Aims of the school.

We will aim through implicit and explicit learning experiences to:

- Nurture mutual trust and respect
- Develop understanding and tolerance
- Develop an awareness of social, economic, political and ecological issues
- Develop positive attitudes to health and encourage the development of healthy life choices
- Foster self-respect and self-esteem among all members of the community
- As a Catholic school, develop a respect for God and each other through the ethos of the school community and the teaching of the gospel
- Prepare children for the opportunities, responsibilities and experiences of adult life
- Within the school community, children will be given opportunities to work on feelings and to practice personal and interpersonal skills, building on school life relationships

### PSHE Curriculum

**Health Education** - involves children engaging in activities to promote their physical well-being.

**Citizenship** - involves encouraging children to take a responsible role in society. It includes developing the children's awareness of their personal safety and the process by which they can seek help and information as well as learning the behaviour expected of them as responsible citizens.

**E-safety** - involves encouraging children to stay safe on the internet including: dealing with cyber-bullying, safe internet searches and protecting personal information.

**Drug Education** - involves educating the children in the safe handling of medicinal drugs as well as the consequences of misusing substances such as alcohol, tobacco and recreational drugs.

**Sex Education** - involves the information by which the child is enabled to become aware of himself/herself as a person and understand the process of development and reproduction.

## Teaching and Learning

Activities will be planned according to the different levels of children's skills and previous knowledge. A range of teaching strategies and learning styles will be used in delivering this curriculum. These will include:

- Circle time and class discussion
- Links to the 'Come and See' programme of study for RE, will be made.
- Role-play and drama
- Visits and visitors when appropriate
- Class lesson time
- Structured group work

