

PSHE Intent, Implementation and Impact



Intent

At St Cuthbert's Primary we want children to leave our school with the knowledge, understanding and emotions to be confident young people. We want them to have confidence in their own thoughts and opinions and a desire to share them with others. We intend the children to build positive, respectful relationships in which they show a tolerance of others' beliefs and religions. We believe that our school is an inclusive community where all children should be given the chance to achieve well and develop a sense of community, well-being and caring attitudes towards others. PSHE is central to this ethos and equips children with the knowledge, skills and strategies to live healthy, safe and responsible lives.

Implementation

We use the Ten:Ten Life to the Full Plus programme, which aligns with our Catholic ethos and provides a comprehensive and progressive framework for teaching RSE and PSHE. Lessons are interactive and engaging, incorporating discussions, role plays and real-life scenarios to help children to apply their learning. We also integrate PSHE themes into our daily school life, through assemblies, Collective Worships, Masses and community projects, ensuring that our values are lived out in practice. Wellbeing and mental health care are central to our PSHE curriculum. We also incorporate British values into our PSHE curriculum, ensuring that children understand and embody these principles in their daily lives. Additionally, each week we have whole school assemblies that have a link to PSHE, British Values and spiritual, moral, social and cultural development. A PSHE calendar of national and global events to be followed by teachers which will require separate days and weeks to be allocated to certain topics and causes. Zones of Regulation is used in school which teaches children to sort their feelings and emotions into four zones. For each zone, there are tools and strategies that help the children feel calm and regulated. We are part of the careers and enterprise company's 'Start small: Dream big Primary careers pilot programme'. This programme aims to support children in their development of future careers and offers opportunities to explore a range of different careers throughout their time at St Cuthberts.

Impact

Children can approach a range of real-life situations and apply their skills and attributes to help navigate themselves through modern life. From exposure to a range of global issues and problems, children can build up tolerance and a sense of responsibility of being a global citizen. Through engagement with a variety of activities, children can understand the different lifestyles that people may live and be respectful and tolerant towards those leading different lives to themselves.