

PSHE at St Brendan's Catholic Primary School

What does PSHE look like at our school?

PSHE education cannot exist in isolation. At St Brendan's Catholic Primary School it is part of a whole school approach and our curriculum provides a range of opportunities for children to make links to other areas of learning and explore a wide range of social, moral, cultural and behavioural issues. PSHE is delivered weekly through the our Learning for Life programme, by the schools Inclusion Manager, which is a rolling programme from Reception to Year 6. We have a two year cycle covering friendships, safety, special people, money, jobs and health in cycle 1. These lessons also include mindfulness allowing children to advance their emotional awareness, concentration and focus. Relationships and Sex Education is taught through the developmental programme 'A Journey of Love'. Wherever possible we invite specialist visitors to enhance particular topics. We also implement learning behaviours in lessons which guide and develop pupils social and emotional competencies through awareness, approach, resilience, empathy and collaboration.

I have my own opinion, there is no right or wrong.

Why is PSHE important to learn?

PSHE deals with the diverse beliefs, values and attitudes that individuals and societies hold. They help pupils to develop themselves, their understanding of the world, and their ability to communicate their feelings. PSHE helps children to acquire British values and attitudes which are necessary if they are to make sense of their experiences within school and life itself, value themselves, respect others, appreciate differences and diversity and feel confident and informed as a citizen in Britain today.

We talk about things we don't always have an opportunity to talk about

Opportunities to celebrate PSHE in our school?

Through PSHE, we believe we can enhance children's education and help them become caring, respectful and confident individuals. As a school, we aim to enrich the lives of our children by providing them with the skills and opportunities to apply their learning within and beyond the curriculum. PSHE is closely linked to our 5 ways of wellbeing and a celebration assembly is held each Friday afternoon as a whole school.