**PSHE**

**Rationale**

**The aim of the PSHE curriculum is to prepare children for life, helping them really know and value who they are and understand how they relate to other people in this ever-changing world.**

**PSHE and Citizenship enables children to become healthier, more independent and more responsible members of society. We encourage our pupils to play a positive role in contributing to the life of the school and the wider community. In so doing, we help to develop their sense of self-worth. We teach them how society is organised and governed. We ensure that the children experience the process of democracy through participation in the School Council. We teach children about their rights and about their responsibilities. They learn to appreciate what it means to be a positive member of a diverse and multi-cultural society.**

**Objectives**

**Our objectives in the teaching of PSHE are for all our children:**

**– To know and understand what is meant by a healthy lifestyle;**

**– To be aware of safety issues;**

**– To understand what makes a good relationship with others;**

**– To have respect for others;**

**– To be thoughtful and responsible members of their community and their school;**

**– To become active members of a democratic society;**

**– To develop self -confidence and self-esteem;**

**– To make informed choices regarding personal and social issues;**

**– To develop good relationships with other members of the community.**

**How PSHE is taught**

**We emphasise active learning by including the children in discussions, investigations and problem solving activities. We encourage the children to take part in a range of tasks that promote active citizenship, eg. Charity fundraising, the planning of special school events (such as assemblies and performances) or involvement in helping other individuals or groups less fortunate than themselves. We organise classes in such a way that pupils are able, through discussion, to set agreed classroom rules of behaviour, and resolve any conflicts. We offer children the opportunity to hear visiting speakers, such as health workers, police and our parish priest, whom we invite into the School to talk about their role in creating a positive and supportive local community.**