



## PSHE

*At St Osburg's, our PSHE curriculum helps ready our pupils to take an active and positive step into each next stage of their childhood and beyond.*



### Intent- We aim to

Ensure that children have knowledge and understanding about their mental health, emotional well-being and the impact this has on their lives and the lives of others.

Give children the skills to form and cherish healthy relationships with families and friends. Developing their understanding of the feelings of others and how to work together to sustain good and positive interactions.

Teach children how to keep themselves safe online, an awareness of cyber-bullying, and enabling them to make good and informed choices to take forward beyond KS2.

Create active citizens of our community and beyond. Instilling a sense of responsibility and pride in themselves, their families and their home town, readying them for each next stage of their childhoods.

### Implementation



At St Osburg's, our PSHE curriculum is underpinned by our Catholic ethos moulding healthy citizens of Coventry. Children learn within the parameters of being:

- Created and loved by God
- Created to love others
- Created to live in community

### RSHE

We are fully compliant with the statutory RSE programme for Primary Schools. We follow the Live Life to the Full programme for this teaching, we consult with parents and offer the chance for parents to view materials before they are shared with our Year 6 class. We deliver the RSE programme to complement our Science curriculum.

### Wider opportunities

- World Mental Health Day
- Internet Safety Day
- Children's Mental Health Week
- Police workshop visits
- Full complement of Ideas & Emotions books in our school library and classrooms
- Pastoral Care
- School Counsellor

### What this looks like at St Osburg's



- At St Osburg's we follow the Ten Ten curriculum of Live Life to the Full from EYFS to Year 6.
- Children have weekly lessons organised in a spiralised curriculum in Phases
- Learning is sequences to deepen understanding as they progress through the units.
- We follow the PSHE government guidance ensuring that pupils have a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions.
- Units include: Me, My Body, My Health; Life Cycles; Emotional Well-Being; Personal Relationships; Life Online; Keeping Safe; Living in the Wider World
- We build on this programme supplementing with special days, weeks or focuses that are personal to our children's needs



**Impact** Pupils in St Osburg's are well supported to navigate their way through childhood, equipped with the knowledge, understanding and vocabulary to keep themselves safe, and make good and positive choices. They are able to articulate their feelings and have the strategies to manage their emotions. They leave us as successful citizens of our school community and know and value their place in the community of Coventry.

