

## PHSE POLICY

### Principles

The successful education of each child at St Bernard's requires the delivery of the National Curriculum in the context of a Catholic school. In addition, there are a number of areas of content beyond the curriculum which are relevant to our young people that are explored through the PHSE programme. These topics promote the physical, moral, social, spiritual, cultural and economic development of our students and prepare them for the opportunities and responsibilities of adult life. We believe we can enhance and enrich our statutory curriculum by the delivery of a rich and varied PHSE programme. Our curriculum contains a number of cross curricular themes which are all well established within our schemes of work. These are areas of learning which we believe are important for the achievement of our Mission Statement. These themes provide a major platform for the education of the 'whole child'.

The cross curricular themes which are studied and cover the statutory entitlements for the students, drawing together the five elements of the Every Child Matters Agenda, are:

- Economic Wellbeing and Careers Education
- Citizenship
- British Values
- Making a Positive Contribution
- Health and Wellbeing
- Staying Safe, including online
- Enjoying and Achieving
- Relationship and Sexual Health Education

### General Aims

- To promote the spiritual, moral, cultural, mental and physical development of all our students.
- To develop positive attitudes and values in the students where all are loved and respected for whom they are and thereby enhance students' personal and social development.
- To facilitate the development of self-confidence and self-esteem in our students.
- To prepare our students for the opportunities, responsibilities and experiences of later life.
- To develop and promote a thoughtful approach to society where the students treasure and respect traditional British values, as well as those of other cultures, and make a positive contribution to democratic society as good citizens.
- To foster an understanding of what makes for good relationships with others.
- To develop knowledge and understanding of what is meant by a healthy lifestyle.
- To prepare our students sufficiently well to be able make informed choices regarding personal and social issues.
- To raise awareness of how to remain safe in a wide range of situations.
- To enhance the partnership between the school, parents and the local community.
- To develop a curriculum by collaborative planning which has a coherent structure, breadth, balance, relevance, continuity, progression and a global dimension.
- To deliver the curriculum through a variety of teaching/learning styles and to provide a motivating context in which a holistic and relevant approach to learning will reinforce and generalise concepts, skills and attitudes across the curriculum.

There is a shared responsibility and a co-ordinated approach to deliver the students' entitlement; all staff can contribute to these at all stages. The schemes of work that have been collaboratively devised are regularly reviewed and adjusted to ensure that the material that is delivered is relevant to the teenage child of 2019, whilst covering the eight themes referenced earlier. The themes enrich the educational experience of students. They are structured and include a strong component of knowledge and understanding in addition to skills, but can be delivered by our

teaching staff in various ways best suited to their students. To ensure that PHSE is taught to the same high standard as the rest of the curriculum, Heads of Year undertake observation of teacher delivery and members of SLT conduct learning walks during tutorial time. Much of the knowledge and understanding can also be taught through other subjects as well as through integrated PHSE topics.

We adopt a whole school approach to the delivery of the PHSE themes by the use of four quite different platforms:

- I. Timetabled slot - tutorial period each week.
- II. Teaching themes across a number of different curriculum areas.
- III. Additional opportunities arising from other initiatives/activities (e.g. assemblies, themed weeks and trips).
- IV. Timetable suspension for special activities (e.g. Whole school Retreat /Citizenship day/Humanities' Day).

These themes build upon the direct experiences of the students within the school, within their families and in their own communities.

The specific aspects of knowledge and understanding are set out in the PHSE programme. However, the eight themes have many common elements, such as:

- They are conducive to a similar student centred teaching/learning methodology.
- They contain common knowledge, ideas and beliefs.
- They provide a relevant context in which to offer the National Curriculum and cross-curricular skills.
- They provide a vehicle for the promotion of common attitudes and values.
- Assessment allows students to demonstrate achievement in many ways.

Approved by Catholic Life of the School Committee: 30<sup>th</sup> January 2019

Review Date: Spring 2021