



St Monica's Catholic Primary School

Philosophy

Every child is a unique gift from God, with his or her own unique gifts.

Our Catholic school, inspired by the teaching of Jesus Christ, will always endeavour to meet the needs of every child within our school.

At St. Monica's, we strive to ensure that all children and staff are offered the opportunity to develop to their full potential in individual, educational, moral, intellectual and spiritual needs.

Our Mission Statement is "Let Trust, Respect and Love live here."

What we teach and what your children learn in PSHE/ RSHE

Please see below a summary of our plans (organised by Year Group and Term) for teaching and learning in PSHE in our school.

If you want further information on the curriculum, including how it is adapted for children within classes who are at different stages of learning including your child, please contact your child's teacher or email the school on stmonicas@st-monicas.co.uk

Intent

At St Monica's, our RSHE and PSHE curriculum aims to equip every child with the knowledge, skills, understanding and values they need to flourish as confident, respectful and responsible members of society. Rooted in our Catholic faith and guided by the principles of Catholic Social Teaching, we seek to develop the whole child – spiritually, morally, socially, emotionally and physically.

We want our children to understand themselves, their relationships with others and their responsibilities within their families, school, local community and wider society. We encourage children to recognise their dignity and the dignity of others, make positive choices, develop resilience and understand that they have an important contribution to make to the world around them.

Our curriculum prepares children not only for their next stage of education, but also for life beyond primary school. We aim to give children the knowledge and confidence to keep themselves safe, make informed decisions, manage relationships, understand their emotions, navigate the online world and develop the financial and practical skills needed for everyday life.

Our curriculum is aligned with the National Curriculum, DfE statutory requirements and diocesan expectations. We use Life to the Full Plus, a diocesan-approved programme, as our core RSHE scheme. This provides a structured and progressive approach to relationships, health and wellbeing education, whilst incorporating key elements of financial literacy and preparation for life.

Implementation

RSHE and PSHE are taught through a planned, progressive curriculum which builds knowledge, understanding and skills as children move through the school.

Life to the Full Plus provides the foundation for our RSHE teaching and ensures that children receive age-appropriate learning about relationships, health, wellbeing, personal development and staying safe. Teaching is delivered sensitively and appropriately, reflecting the age, needs and maturity of our pupils and maintaining our Catholic values and ethos.

Our wider PSHE provision is enriched through:

- Catholic Social Teaching, helping children understand dignity, respect, community, stewardship, solidarity and their responsibility towards others.
- Zones of Regulation, supporting children to recognise and understand emotions, develop self-regulation strategies and make positive choices about their behaviour and wellbeing.
- Online safety education through Purple Mash, helping children understand how to use technology safely, responsibly and respectfully.
- Financial literacy, developing children's understanding of money, spending, saving, needs and wants, and making responsible financial decisions.
- Safety education and real-life experiences, including opportunities such as Hazard Alley and age-appropriate learning around issues such as knife crime and personal safety.

- Trips, visitors and enrichment opportunities, which allow children to apply their learning to real-life situations and develop their understanding of the wider world.
- Assemblies, prayer, reflection and school-wide opportunities, which reinforce our values and provide opportunities to discuss current issues, relationships, responsibilities and wellbeing.

Learning is revisited and built upon throughout a child's time at St Monica's, ensuring that knowledge and understanding develop progressively. Where appropriate, teaching is adapted to meet the individual needs of our pupils, ensuring that all children can access and benefit from the curriculum.

RSHE and PSHE are not viewed as isolated subjects. The knowledge, language and skills taught are reinforced through our wider curriculum, behaviour expectations, pastoral systems, safeguarding provision and the everyday life of our school community.

Impact

Through our RSHE and PSHE curriculum, children develop the knowledge, vocabulary, confidence and skills to make informed and responsible choices. They are increasingly able to understand and regulate their emotions, build healthy relationships, recognise unsafe situations and know how and where to seek help.

Children develop an understanding of their own dignity and the dignity of others and demonstrate our Catholic values through their interactions with others. They learn to appreciate difference, show respect, contribute positively to their community and understand their responsibilities towards others and the world around them.

By the end of primary school, pupils are increasingly able to:

- understand themselves and their emotions;
- develop positive and respectful relationships;
- recognise healthy and unhealthy behaviours and relationships;
- identify risks and know how to keep themselves safe;
- make responsible choices online and in the wider world;
- understand the importance of physical and mental wellbeing;
- develop resilience and strategies for managing challenges;
- understand basic financial concepts and make sensible financial choices;
- recognise when they need help and know trusted adults and appropriate services they can turn to;
- understand their rights, responsibilities and role within their community;
- demonstrate respect, compassion and empathy towards others; and
- approach their transition to secondary school and life beyond primary education with greater confidence, independence and resilience.

Ultimately, we want our pupils to leave St Monica's safe, confident, compassionate and prepared for the next stage of their lives, with the knowledge, values and

practical skills to flourish as individuals and contribute positively to the world around them.

Life to the Full Plus Curriculum Overview. Teaching starts in Autumn 2.

All new content is highlighted in green.

Modules:	<u>Created and Loved by God</u> explores the individual. Rooted in the teaching that we are made in the image and likeness of God, it helps children to develop an understanding of the importance of valuing themselves as the basis for personal relationships.	<u>Created to Love Others</u> explores the individual's relationships with others. Building on the understanding that we have been created out of love and for love, this unit explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships, keeping safe both online and in our daily lives and valuing in-person relationships over simulated online ones (AI).	<u>Created to Live in Community</u> explores the individual's relationship with the wider world. Here we explore how human beings are relational by nature and are called to love others in the wider community through service, through dialogue and through working for the Common Good.
Plus Content:	The Life to the Full Plus sessions and classroom short videos for Module 1 focus on Transition and Change. From EYFS to UKS2, children will follow a journey which explores: Starting school and identifying changes to come Learning how to prepare for future changes alongside celebrating how they have already changed and grown Reflecting on change now they are older Feelings around big changes will feature, and children will learn how to	The main session content for Life to the Full Plus in Module 2 are the numerous Classroom Short videos available for LKS2 and UKS2 enhancing the existing Life to the Full sessions, covering topics such as critical thinking – including with reference to AI – questioning whether what we see online is real before reacting or sharing it.; safety out and about; prejudice and discrimination; types of abuse and the law. In addition to this, LKS2 will have the opportunity to explore Rights and Responsibilities through a session and associated Classroom Short videos. This session identifies legal rights, discussion scenarios where these are compromised, and offers an opportunity for pupils to consider how their own	In Life to the Full Plus Module 3, each key stage has sessions and associated Classroom Short videos on the topics of Careers and Money. EYFS Children will begin to explore the working world of jobs, focusing on their current strengths and aspirations. Money is introduced - this is underpinned by the religious understanding that our identity, value and worth comes from God. KS1 Children will understand more about the purpose of work and the harmful impact of gender stereotypes in the workplace, alongside an introduction to the concept of vocation.
Units:	Religious understanding Me, My Body, My Health Emotional Wellbeing Life Cycles	Religious Understanding Personal Relationships Life Online Keeping Safe	Religious Understanding Living in the Wider World

Key Decisions:

1. In Key Stage One genitalia will be referred to as 'private parts' in line with NSPCC teachings. We will not teach children the scientific names.
2. In Lower Key Stage Two Puberty and Body Changes will be taught to Year 4 only.

3. In Lower Key Stage Two we have chosen not to teach the Life Cycles lessons.
4. In Upper Key Stage Two we will teach the 'Seeing Stuff Online' units through our computing curriculum.
5. The Making Babies unit will be taught to Year 6 only- parents have a right to withdraw from this session.
6. FGM will be taught in Year 6 only- parents will be informed before the lesson takes place.
7. The unit 'Build Others Up' will only be taught to Year 6 but the resources H, I and L will not be used.
8. The Short Classroom videos – 7b, 7c and 7d will not be used.