

PSHE

PSHE at Holy Family encompasses all that we are trying to achieve through our mission statement and core values: 'Trying to make the world a better place through creating a learning environment based upon Gospel values where all children and adults become better people'. In PSHE we cover the Personal, Social, Health and Economic Education objectives.

At Holy Family we believe that PSHE education is fundamental in the education of all children and is embedded in all aspects of school life. Our aim is to prepare the children with the life skills and knowledge they need to live safely and responsibly in the world. The PSHE curriculum is very much part of this preparation and ensuring that we help to mould responsible citizens of the future, who are able to stand up for what they think is right, articulate their opinions, make informed decisions and know who they are as individuals.

Our PSHE curriculum is structured around three core themes that run throughout the school: Created and Loved by God, Created to Love Others, and Created to Live in Community. Through Created and Loved by God, children learn about physical and mental health, healthy lifestyles, keeping safe, and developing emotional resilience. The Created to Love Others strand helps children understand how to build and maintain positive relationships, recognise and manage their emotions, and develop empathy and respect for others. Created to Live in Community enables children to develop as active citizens, understand economic wellbeing, explore rights and responsibilities, and recognise their role in the local and global community. These themes are delivered progressively from EYFS to Year 6, with content carefully sequenced to build upon prior knowledge and understanding while remaining appropriate to each stage of development.

Our Relationships and Sex Education (RSE) is delivered through the Ten:Ten Life to the Full programme, which is fully compliant with the Catholic Education Service framework and rooted in a positive vision of human flourishing. This programme presents the Church's beautiful teaching on love, relationships, and the dignity of the human person in an age-appropriate and sensitive way. Through Ten:Ten, children explore what it means to be made in the image and likeness of God, understanding their inherent dignity and worth. The programme helps children develop healthy relationships, respect for themselves and others, and an understanding of how to keep themselves safe both physically and emotionally. It addresses key themes including personal identity, friendship, family life, emotional well-being, and growing up, all within the context of Catholic teaching and Gospel values.

The Ten:Ten resources enable children to develop resilience, make good choices, and understand the importance of virtues such as respect, responsibility, and compassion in their relationships. The programme equips them with the language and confidence to communicate about feelings, boundaries, and consent in age-appropriate ways, while fostering a deep understanding that every person is created and loved by God.

Our curriculum imparts the knowledge, skills and understanding to stay healthy and safe, develop worthwhile relationships, respect differences, develop responsibility, and to make the most of children's own abilities while respecting those of others. Children learn to recognise and celebrate the uniqueness of each person as part of God's creation, understanding that diversity is a gift and that all people deserve to be treated with dignity and respect.

The children take part in a range of tasks that promote active citizenship: charity fundraising, the planning of special school events, such as a class liturgies or cake sales. The School Council meets regularly to discuss school matters and helps support the Royal British Legion fundraising. Through these opportunities, children live out the Catholic Social Teaching principles embedded in both our PSHE and Ten:Ten curricula, recognising their responsibility to serve others, care for the common good, and work towards building a more just and compassionate world as Disciples of Christ.

Holy Family Catholic School

