

## Our Core Purpose: Excited to learn with confidence together in God's hands.

### Community and Living Well Together

We all need each other. Well being

#### IMPACT (WHAT)

#### Belonging Friendship

**This will benefit our pupils and the wider community**

As a well balanced young citizen prepared for future life

**Able** to recognise and talk about their emotions,  
**Aware** of how to seek help or advice from others if needed.

**Aware** of the importance of self-respect and how this links to their own happiness

**Aware** of the benefits of physical exercise and time outdoors, on mental wellbeing and happiness

**Aware** that mental wellbeing is a normal part of daily life, in the same way as physical health.

**Know** simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests

### Dignity and Respect

Everyone matters. God loves us no matter how small

#### Respect IMPACT (WHAT)

**Links to the wider community and enrichment**

**Aware** of self and others and the importance of responsible behaviours and actions, including bullying /cyber -bullying

**Know** about rights and responsibilities as members of families, other groups and ultimately as citizens

**Know** about different groups and communities and British Values

**Respect** diversity and equality and how to be a productive member of a diverse community

**Understand** the importance of respecting and protecting the environment

#### Enrichment activities

Whole school opportunities for theme weeks / Year 6 Junior

Cadet /Performances within the local community/

Digital leaders / School Council / House Teams /Enterprise

### Hope and Aspiration

Love and forgiveness is always there. New start for all. We can aim high. Be the best we can be.

#### Forgiveness Courage

**Our pupils will leave this school**

With confidence, resilience and positive self-esteem

With the ability to manage emotions and to communicate constructively in a variety of settings

Being able to identify and manage risk and make informed choices

Equipped to live healthy, safe, productive, capable, responsible and balanced lives.

Having experienced a wide range of opportunities outside of National Curriculum

#### INTENT (WHY)

## Excited to learn with confidence together in God's hands.

### Vision for PSHE, including RSE



#### Wisdom, Knowledge and Skills

#### IMPLEMENT (HOW)

Never give up on learning. Using knowledge well. BUT ethics as well as wisdom.

#### Perseverance

**The curriculum will look like**

A weekly quality PSHE lesson, built on a progressive framework which includes statutory Relationships Education Opportunities to explore issues in other subjects when they arise, including Online Safety in Computing, Healthy Eating in Technology /Physical Activity in P.E.

Opportunities to explore, clarify and if necessary challenge, their own and others' values, attitudes, beliefs, rights and responsibilities Pupils will be provided with opportunities to develop positive personal attributes such as resilience, self-confidence, self-esteem, and empathy Pupils will be taught the skills, language and strategies they need in order to live healthy, safe, fulfilling, responsible and balanced lives Pupils will learn how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.

#### God who connects and underpins the other four

At St. Michael's, we are all guided by our Christian values to inspire one another; encouraging confident, committed and caring children to flourish through life's journey.

