

## Our children will be... Resilient

***“Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. When taught well, PSHE education also helps pupils to achieve their academic potential.” -PSHE Association 2020.***

PSHE enables our children to have the knowledge to become healthy, independent and responsible members of society. Our intention is that when children leave Sacred Heart, they will do so with the knowledge, understanding and emotions to be able to play an active, positive and successful role in today’s diverse society. We want our children to have high aspirations, a belief in themselves and realise that anything is possible if they put their mind to it; enabling them to understand how they are developing personally and socially, and to be able to tackle many of the moral, social and cultural issues that are part of growing up. In an ever-changing world, it is important that they are aware, to an appropriate level, of different factors which, will affect their world and that they learn how to deal with these so that they have good mental health and well-being.

Our PSHE curriculum is embedded with our Catholic Social Teaching and schools core values “Care, Courtesy and Commitment”. It develops learning and results in the acquisition of knowledge and skills, which will enable children to access the wider curriculum and prepare them to be a global citizen now, and in their future roles within a global community. It promotes the spiritual, moral, cultural, mental and physical development of pupils, preparing them for the opportunities, responsibilities and experiences for later life. Our Relationships, Health and Sex Education enables our children to learn the knowledge of how to be safe, and to understand and develop healthy relationships, both now and in their future lives.

***As Audrey Hepburn said, we want our children to believe, “Nothing is impossible. The word itself says, “I’m possible!”***

