

PSHCE

Personal, Social, Health and Citizenship Education



ST. NORBERT'S
CATHOLIC PRIMARY SCHOOL



Parent Pocket Guide



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CATHOLIC PRIMARY SCHOOL



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Saint Norbert's Catholic Primary School

Article 3: All adults should do what is best for a child.



PSHCE (Personal, Social, Health and Citizenship Education) is a subject through which pupils develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain. This subject has a positive impact on both academic and non-academic outcomes for pupils.

Here at St Norbert's we strongly believe that the partnership with yourself as a parent, provides a vital role in preparing children and young people to negotiate the challenges and opportunities of an increasingly complex world. PSHCE is the subject that deals with real life issues affecting children, families and communities, both locally and globally. It encompasses the social, health and economic realities of their lives, experiences and attitudes. It supports children to be healthy (mentally and physically); safe (online and offline) and equipped to thrive in their relationships and future careers. PSHCE helps all children and young people — the highest achievers as well as the vulnerable and excluded — to achieve their fullest potential.

PSHCE is an important part of school life for many reasons, such as:

- It contributes to physical and mental health and wellbeing, encouraging individual responsibility for health.
- It contributes to the safety and protection of our children and young people, from staying safe online to understanding risks associated with drugs and alcohol.
- It promotes independence, resilience and responsibility — preparing children and young people for future roles as parents, employees and leaders.
- It supports employability by developing the personal and social skills

In St Norbert's PSCHE enables children to develop skills in the following areas :

- **Relationships:** including developing and maintaining positive relationships and dealing with negative relationships. This may include learning about bullying, consent, how to communicate effectively, inappropriate behaviour in relationships and, at a later stage, topics such as sexual coercion and grooming.
- **Developing independence, resilience and responsibility:** including preparing children and young people to face life's challenges and make the most of life's opportunities.
- **Health:** including healthy lifestyles, healthy eating and exercise; mental and emotional health; drug, alcohol and tobacco education; emergency life-saving skills.
- **Managing risk:** including understanding personal safety and online safety; financial choices and risks; appreciating the value of taking risks in certain situations (e.g. entrepreneurial risks).
- **Economic wellbeing:** including the role of money, influences on our use of money, gambling, careers education
- **Employability skills:** including learning about enterprise, business and finance. Developing the skills and attributes to succeed at work, including communication skills and confidence.

This is achieved through many aspects of the school curriculum such as Science, Religious Education (R.E.), Physical Education (P.E.) and some aspects of topic work.

