



St. Joseph's Catholic Academy

PSHE Intent

Start Date:	Review Date:
Spring 2023	Spring 2026

Headteacher: Mr P. Mitchell

St Josephs' Catholic Academy

PSHE Intent

As a Catholic School our core mission is to support each individual to become the best they can be and to live life to the full. To this end, our PSHE programme is at the heart of empowering students to set personal goals which drive progress and attainment. A bespoke programme has been developed for each year group to ensure individual needs are met and activities are appropriate to student's stages of learning. This is delivered through PSHE, subject areas, assemblies, tutor time and key events.

St. Joseph's values as a Catholic school of inclusivity, with Christ at the centre, are reflected in the Religious Studies curriculum which leads to learning about values, ethical questions, relationships and diversity.

FLAME forms the core of our values and aspirations for pupils. This is woven into assemblies, PSHE lessons and the hidden curriculum. The PSHE curriculum reflects our local context. There is flexibility to respond to specific needs to highlight risks, for example, in an increasingly Nero diverse student body we have raised awareness in assemblies and themed weeks.

Statutory Requirements

The PSHE curriculum is designed with the guidance provided by the PSHE association which covers all statutory standards set out in the Relationship Education and Relationships and Sex Education document as set out by the DfE.

The core themes within the guidance are:

Core theme 1: Health and well-being

Core theme 2: Relationships

Core theme 3: Living in the wider world

The progression document maps out the expected learning opportunities provided by each core theme and displays where each of these learning opportunities is covered within St Joseph's curriculum. This will include allocated PSHE time, other curriculum subjects and the hidden curriculum of assemblies, careers programme, liturgical and ethos programmes.

Curriculum Areas

CORE THEME 1: HEALTH AND WELLBEING

This core theme focuses on:

1. how to manage transition.
2. how to maintain physical, mental, and emotional health and wellbeing.
3. how to make informed choices about health and wellbeing matters including drugs, alcohol and tobacco; maintaining a balanced diet; physical activity; mental and emotional health and wellbeing; and sexual health*.
4. about parenthood and the consequences of teenage pregnancy*.

5. how to assess and manage risks to health; and to keep themselves and others safe.
6. how to identify and access help, advice and support.
7. how to respond in an emergency, including administering first aid.
8. the role and influence of the media on lifestyle.

** Sexual health is included within this core theme; however, it is important that sexual health is considered within the context of healthy relationships. There will be similar broad overlap and flexibility between topics and areas in all three core themes.*

CORE THEME TWO: RELATIONSHIPS

This core theme focuses on:

1. how to develop and maintain a variety of healthy relationships within a range of social/cultural contexts and to develop parenting skills.
2. how to recognise and manage emotions within a range of relationships.
3. how to deal with risky or negative relationships including all forms of bullying (including the distinct challenges posed by online bullying) and abuse, sexual and other violence, and online encounters.
4. about the concept of consent in a variety of contexts (including in sexual relationships).
5. about managing loss including bereavement, separation, and divorce.
6. to respect equality and be a productive member of a diverse community.
7. how to identify and access appropriate advice and support.

CORE THEME THREE: LIVING IN THE WIDER WORLD (ECONOMIC WELLBEING, CAREERS AND THE WORLD OF WORK)

This core theme focuses on:

1. learning about rights and responsibilities as members of diverse communities, as active citizens and participants in the local and national economy.
2. how to make informed choices and be enterprising and ambitious.
3. how to develop employability, team working and leadership skills and develop flexibility and resilience.
4. learning about the economic and business environment.
5. how personal financial choices can affect oneself and others and about rights and responsibilities as consumers.

The intended curriculum

Year 7

Transition support begins in year 5 and 6 in a series of transition events. Once at St Joseph's students are supported in their transition from primary to secondary with a series of pastoral and curriculum

sessions to develop relationships and understanding of opportunities and expectations. The curriculum builds on relationships and explores pupils' place in the St Joseph's community. All year 7 pupils have the opportunity to complete a short first aid course. Assemblies are sequenced to link to both liturgical and national themes including holocaust week, mental health week and show respect day. These are not singular events, but links are made in the wider curriculum and events in school including charity drives and raising awareness events. Online safety and mental health awareness is explicitly referenced in assemblies and lessons. Pupils are introduced to the careers programme, all KS3 pupils take part in externally delivered STEM events. Each curriculum area makes explicit links to careers including a focused careers in subjects' week each term. Careers information in the subject, assemblies and in displays around school make explicit links to potential jobs linking to subject areas and the skills needed in different roles. Pupils build numeracy skills and financial awareness in their tutor time programme. This also gives them opportunities to reflect on personal goal setting and critically examine, evaluate and make judgements. Enrichment week provides organised events to support communication skills, a sense of community, careers information, and enterprise skills. Our parent weekly newsletter communicates key themes helping parents to support pupils at home.

Year 8

The programme of assemblies and PSHE are planned to provide opportunities for students to explore and challenge stereotypes regarding gender, equality, diversity and inclusion and job roles. We plan in opportunities to meet a range of employers through PSHE lessons. This is complimented by STEM workshops carried out on site by external Universities or employers. These range of activities will provide information in preparation for option choices in year 9. The curriculum builds on information relating to risk taking and healthy life styles and relationships at an age-appropriate level. Internet safety and mental health activities and lessons build on year 7, recalling information and updating in relation to current context and emerging needs. In the quick changing social media world this is essential to support pupils' awareness of the possible risks of new apps. Pupils continue to build numeracy skills and financial awareness in their tutor time programme. This also gives them opportunities to reflect on personal goal setting and critically examine, evaluate and make judgements. Enrichment week provides organised events to support communication skills, a sense of community, careers information, and enterprise skills. Our parent weekly newsletter communicates key themes helping parents to support pupils at home.

Year 9

The RSE programme is year 9 in taught in line with national and diocesan requirements. This is taught by subject specialist in our religious students' curriculum. This trusted environment allows pupils to feel at ease debating difficult issues. Pupils continue to build numeracy skills and financial awareness in their tutor time programme. This also gives them opportunities to reflect on personal goal setting and critically examine, evaluate, and make judgements. The programme of lessons and assemblies support pupils and parents in their preparation for option choices, ensuring that they make informed decisions. Enrichment week provides organised events to support communication skills, a sense of community, careers information, and enterprise skills. Our parent weekly newsletter communicates key themes helping parents to support pupils at home.

Year 10

In year 10 we continue to build on age-appropriate risk taking relating to health and wellbeing and relationships. The RSE programme in year 9 is taught in line with national and diocesan requirements. This is taught by subject specialists in our religious students' curriculum. This trusted environment

allows pupils to feel at ease debating difficult issues. Pupils build numeracy skills and financial awareness in their tutor time programme. This also gives them opportunities to reflect on personal goal setting and critically examine, evaluate, and make judgements. The careers programme continues with termly links in subject areas and additional events including a careers fair and careers interviews. Enrichment week provides organised events to support communication skills, a sense of community, careers information, and enterprise skills. Our parent weekly newsletter communicates key themes helping parents to support pupils at home.

Year 11

Year 11 students have a bespoke "This is the week to" tutor time programme. This gives them opportunities to reflect on personal goal setting and critically examine, evaluate and make judgements in the lead up to post 16 transition. This programme includes study skills, subject specific support and careers information including post 16 providers information and CV writing and application skills. Visits from external employers, colleges and universities continue. Year 11 pupils have the opportunity for a mock interview in preparation of their next steps. By the end of year 11 all pupils have had the opportunity to speak to an impartial careers advisor. Collected pupil voice regarding destination date is used to target support to ensure that all pupils progress to secure post 16 destinations.

Post-16

Post 16 students PSHE programme equipped them with information to make informed future choices. Careers events are carefully planned to make students confident in the local labour market, and routes into careers and professions. Personal statements writing workshops, UCAS fairs and apprenticeship talks add to our partnerships with local universities. The local university reduced entry programmes give many of our first-generation university applicant students experience before making choices and the chance to secure undergraduate course placements. Life skills are a core element of the PSHE offer, including cooking, wellbeing, personal loans, budgeting, managing exam stress, in addition to employability skills.

Assessment

Assessment in Personal development takes the following strategies.

- In class teacher assessed presentations
- In class pupil self-assessment against learning criteria
- Multiple choice google quiz

Data from assessments is collated and patterns of misconceptions lead to adaptations in the curriculum.

Monitoring

PSHE lessons are monitored in our Quality Assurance calendar. This takes the form of floodlighting, work scrutines and pupil voice.

Review of policy: April 2026