



## **Personal, Social, Health and Education (PSHE)** **Policy**

*Reviewed May 2022*

### 1. **AIMS**

- 1.1 To be a Catholic school where all members of the community live according to Gospel values and the principles and teachings of Mary Ward, promoting the virtues of freedom, sincerity, justice, truth and joy, to allow all members of the community to feel secure and able to work and live in an atmosphere of courtesy and respect.
- 1.2 The Governors seek to ensure that the values of Mary Ward are reflected in the planning and delivery of all policies. The principle values covered by this policy are:
  - Truth – This policy aims to ensure that pupils are given the skills to become seekers of truth.
  - Sincerity - Mary Ward said “We should be such as we appear and appear such as we are.” This policy aims to encourage the whole community to respect individual differences and show compassion to all.
- 1.3 To create a caring and stable environment, in which each person is respected as an individual with unique gifts, talents and ambitions, and is given the freedom and confidence to develop these.

### 2. **GUIDING PRINCIPLES**

- 2.1 To stay safe, to enjoy and achieve, to be healthy, make a positive contribution and achieve economic well-being are central to the Loreto ethos and reflect the values of Mary Ward. By creating a safe environment students are enabled to achieve their potential and contribute fully to the society in which they live; their school, family and the wider community. Every teacher has a responsibility to prepare our students to become valuable and respected members of society, able to use their talents to make a difference.
- 2.2 All staff are encouraged to understand the importance of the social and emotional aspects of learning and they are developed through the PSHE programme and supported by the strong pastoral system. Through the Learning for Life programme students are helped to gain in confidence and raise their self esteem by exploring typical issues that affect their lives and the lives of people around them.
- 2.3 Students are encouraged to distinguish right from wrong and to respect the basis on which law is made and applied in Britain and appreciate that living under the law is essential for their well-being and safety. We seek to help them to take their place in British society, to value our parliamentary democracy and to appreciate the freedoms we all enjoy.
- 2.4 The delivery of PSHE “Learning for Life”, at Loreto is through an integrated approach involving all subject areas, year teams, assemblies and special events.
- 2.5 It is our belief that this whole school approach provides a well-rounded education to our students offering them opportunities to gain an understanding of themselves, respect for each

other, knowledge of how their behaviour affects others and how to keep safe in an increasingly complex world.

### 3. **AIMS OF THE “LEARNING FOR LIFE” PROGRAMME**

#### 3.1 **Health and Wellbeing**

3.1.1 Encouraging students to develop their self-knowledge, self-esteem and self-confidence enabling them to progress confidently into adult life and enjoy a healthy lifestyle. Students are encouraged to look after their mental health, be resilient and accept responsibility for their decisions.

#### 3.2 **Relationships and Sex Education (RSE)**

3.2.1 Supporting students in their learning about physical, moral and emotional development. To facilitate the understanding of the importance of marriage and family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality and sexual health. It is about the development of the pupil's knowledge and understanding of themselves as a sexual being, about what it means to be fully human, called to live in right relationships with self and others and being enabled to make moral decisions in conscience.

3.2.2 Our programme enshrines Catholic values relating to the importance of stable relationships, marriage and family life. It also promotes those virtues which are essential in responding to the God's call to love others with a proper respect for their dignity and the dignity of the human body. The following virtues will be explicitly explored and promoted: faithfulness, fruitfulness, chastity, integrity, prudence, mercy and compassion.

#### 3.3 **Living in the Wider World (Economic Wellbeing, Citizenship and Careers)**

3.3.1 Allowing pupils to explore their roles and responsibilities as citizens in the local and global community. They know how to make a valuable contribution to society and value community cohesion. Students gain an understanding of how citizens can influence decision making through the democratic process and they are taught to respect the basis on which the law is made and applied in England. They are taught how to manage money and risks, including fraud and cyber security.

### 4. **OBJECTIVES**

4.1 To develop:

- critical thinking skills;
- decision making skills;
- a positive attitude to learning;
- the skills of working together and sharing;
- a set of moral values (based on Loreto virtues);
- an understanding of the adult world;
- the knowledge of how to stay safe;
- safe use of the internet and social media;
- healthy lifestyles;
- self-awareness and relationship skills;
- respect for the attitudes, views and beliefs of others;
- respect and appreciation of the environment;
- a positive self-image and high self-esteem, and
- an understanding of their place in British society now and in the future.

## 5. **THE IMPLEMENTATION OF LEARNING FOR LIFE**

- 5.1 Departments deliver aspects specific to their curriculum and expertise (see below).
- 5.2 Heads of Year and Form Tutors deal with friendships and relationships, bullying, internet safety and safe use of social media, emotional health and well-being, rights and responsibilities, personal safety and careers exploration.
- 5.3 Retreats and assemblies deal with spiritual, moral and social aspects of life including respect for our world and each other and an understanding of diversity, encouraging further tolerance and harmony between different cultural traditions.
- 5.4 Outside agencies make a valuable contribution to the programme, with talks, presentations, drama productions, activities etc.
- 5.5 The School Council Elections enable students to be involved in the democratic process and understand the importance of the "Student Voice" and acquire a broad general knowledge of and respect for public institutions and services in England.
- 5.6 The Careers Programme provides opportunities for students to research and explore career ideas and to receive impartial advice and guidance on potential career pathways.
- 5.7 Trips, off site activities and LOTC provide opportunities for students to develop their self-confidence, independent learning skills and abilities.
- 5.8 The Learning for Life handbook provides the overview and schemes of work provided by Heads of Year and Departments.