



Personal, Social and Health Education (PSHE) and citizenship, promotes pupils' personal social and emotional development, as well as their health and well-being. It supports pupils with the knowledge, skills and understanding to play an effective role in society at local, national, and international levels. It helps them become informed, thoughtful, and responsible individuals who are aware of their duties and rights. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social, and cultural issues that are part of growing up. It gives children an understanding of the rights and responsibilities that are part of being a good citizen, which enables them to play an active and healthy part in the life of our school, their community, and the world.

In St Aloysius we follow the Jigsaw scheme of work for PSHE, which has an integrated whole school approach. Each half term there is a new theme. Each class has a weekly PSHE session to explore these themes. This subject is taught mainly by practical group activities, discussions, debates, and circle time. In addition, there are assemblies where we bring children together to further explore topics and to celebrate awareness days and welcome visitors to school (Bully busters, drama workshops for Internet Safety, Rock Kids) which help explore and embed the knowledge and skills the children need to make the right choices and decisions to lead confident and healthy lives.

Themes:

Autumn 1: Being in my world

Autumn 2: Celebrating Differences

Spring 1: Dreams and Goals

Spring 2: Healthy Me

Summer 1: Relationships

Summer 2: Changing Me