



PSHE Statement of Intent:

At St Peter's, we want our students to leave St Peter's 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. 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 Relationships and Sex Education has a big focus on the notion of consent, enables our children to learn how to be safe, and to understand and develop healthy relationships, both now and in their future lives. Our PSHE curriculum is open, honest and ambitious. We challenge stereotypes and narrow world views with integrity and respect.

	<b>Make Connections</b>	<b>Self manage / Independence</b>	<b>Challenge / high expectations</b>	<b>Creativity</b>	<b>Problem solving / resilience</b>
<b>Aspire, Believe</b>	We plan so that: <ul style="list-style-type: none"> <li>Students make links between their own emotional and social health and their school life in general</li> </ul>	We plan so that: <ul style="list-style-type: none"> <li>Students understand their own limits and how to maximise their mental health</li> </ul>	We plan so that: <ul style="list-style-type: none"> <li>Students' mental, emotional and physical health is supported by peers and adults so that all students can reach their potential</li> </ul>	We plan so that: <ul style="list-style-type: none"> <li>We develop creative ways that the students can show progress and understanding in PSHE</li> </ul>	We plan so that: <ul style="list-style-type: none"> <li>Students have ample time in lessons to discuss, share, listen and empathise</li> </ul>
<b>Grow</b>	We provide opportunities to: <ul style="list-style-type: none"> <li>Students develop their communication and empathy skills through discussion</li> </ul>	We build in opportunities for: <ul style="list-style-type: none"> <li>Sharing, discussing and understanding pressures that people have in today's society</li> </ul>	We provide opportunities to: <ul style="list-style-type: none"> <li>Allow the students' physical, mental and emotional health to develop positively within the classroom</li> </ul>	We provide opportunities to: <ul style="list-style-type: none"> <li>Work together creatively to develop empathy for other students and other people</li> </ul>	We provide opportunities to: <ul style="list-style-type: none"> <li>Develop group empathy and resilience</li> </ul>
<b>Achieve</b>	<ul style="list-style-type: none"> <li>Students understand how their own wellbeing and mental health impacts every area of their schooling.</li> </ul>	<ul style="list-style-type: none"> <li>Students are able to reflect on their own physical and mental health and understand how to maximise their own potential</li> </ul>	<ul style="list-style-type: none"> <li>Students understand how to look after their own mental health and develop empathy for that of others.</li> </ul>	<ul style="list-style-type: none"> <li>Students develop an empathic way of understanding the physical, emotional and mental health of others</li> </ul>	<ul style="list-style-type: none"> <li>Students develop their own resilience within their own parameters, and understand how to push to their limits, while maximising their own physical and mental health.</li> </ul>