

PSHE CURRICULUM

The PSHE curriculum is embedded across the school and covers a range of topics including citizenship, health and mental wellbeing, careers and learning skills to name but a few. Our endeavour is to raise student's self-esteem, help them to grow in knowledge and understanding, while recognising the value of all persons, developing caring and sensitive attitudes and rooting the curriculum in a Catholic vision of education and the human person. Each topic aims to provide students with the opportunity to develop the skills, knowledge and understanding to play an effective role in society as well as providing the skills needed beyond their time at SJB.



How can I value myself & others?



How can I be responsible with money?



Exploring career pathways or exploring careers & identifying pathways



How can I keep my body healthy?



How can I be responsible with online?



Do I know what is meant to be part of the SJB community?



What causes issues in society?



What is a healthy relationship?



How can I budget for the future & be aware of my own digital footprint?



Do I know what factors impact physical wellbeing?



How can I pursue my goals?



Do I know what factors impact emotional & wellbeing?



How do I understand myself & the law to protect me? What is reproductive health?



What is financial risk & how can harmful content online impact me?



What does it mean to live in a 'just society'.



Do I understand my GCSE options & the impact that has for the future?



Do I know how to maintain good mental health?



What is the financial risk & how can harmful content online impact me?



Do I know how can I best prepare for my future career?



Can I explain what it means to live in a democracy?



How can I manage exam stress & pressure?



How can I keep myself & others safe in relationships?



Can I recognise the signs of an unhealthy relationship?



Do I understand long term investments?



WE WANT OUR STUDENTS THAT LEAVE IN YEAR 11 TO:

ACHIEVE ACADEMIC POTENTIAL

HAVE A WIDE RANGE OF EXPERIENCES BOTH IN AND OUT OF THE CLASSROOM

DEEPEN THEIR RELATIONSHIP WITH GOD

LOVE LEARNING

GROW INTO HAPPY, CONFIDENT, RESILIENT & ARTICULATE YOUNG PEOPLE

LEAVE SJB EQUIPPED TO LEAD FULFILLING LIVES & MAKE A POSITIVE CONTRIBUTION TO SOCIETY

Practise revision skills.



Can I explain why it is important to understand & celebrate diversity?



Do I know how to show respect to myself & others?



Do I know how to cope with stress?



Do I know my post 16 choices?



Do I understand why it is important to respect others in society?



Do I understand how the UK handles the economy?



Do I understand how to look after myself & peers when it comes to diet, drugs, exercise & first aid?



How can I keep myself safe in relationships?



How do I plan for a life after college? What are my options?



How do brains function & how can I keep mine healthy?



WE WANT OUR STUDENTS THAT LEAVE IN YEAR 13 TO:

ACHIEVE ACADEMIC POTENTIAL

HAVE A WIDE RANGE OF EXPERIENCES BOTH IN AND OUT OF THE CLASSROOM

DEEPEN THEIR RELATIONSHIP WITH GOD

LOVE LEARNING

GROW INTO HAPPY, CONFIDENT, RESILIENT & ARTICULATE YOUNG PEOPLE

LEAVE SJB EQUIPPED TO LEAD FULFILLING LIVES & MAKE A POSITIVE CONTRIBUTION TO SOCIETY

How can I develop healthy habits to manage stress? Develop revision skills.



Do I understand the fundamental British values?



Do I understand how I can be financially literate? How do I budget sensibly?



Do I understand what a respectful relationship is & know the warning signs of abuse?



How do I live independently after college?

