St Catherine's CofE Primary School

SPIRITUALITY IN PSHE

Opportunities

- Self-Reflection and Personal Growth
- Empathy and Compassion
- Respect and Diversity
- Mindfulness and Wellbeing
- Responsibility and Service
- Building Relationships and Community

With Our Heads and Our Hearts

PSHE helps us understand ourselves and how to care for others.
We learn about feelings, friendships, and making good choices with kindness.
Just like Jesus, we are called to love ourselves and others, living with respect and compassion.

