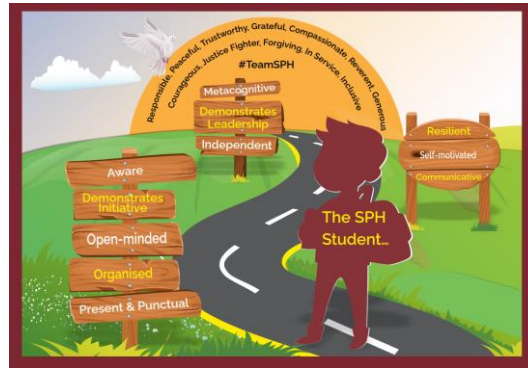




SPHE at St Philip Howard

The SPH Experience: A Journey to Personal Growth and Holistic development

'I HAVE COME THAT YOU MIGHT HAVE LIFE AND HAVE IT TO THE FULL' (JN.10.10)



The SPHE curriculum at St Philip Howard is deeply rooted in the development of the whole child holistically by addressing their spiritual, moral, and emotional growth. Rooted in the Church's teachings, which emphasise love as the foundation of human existence, the curriculum nurtures students to live life to the fullest by fostering an understanding that we are created to love and be loved.

Through lessons that encourage self-reflection, empathy, and ethical decision-making, students are guided to understand and respect diverse values and beliefs, fostering spiritual awareness. Students will learn to distinguish right from wrong, develop a strong sense of justice, and recognise their responsibilities to others. The SPHE curriculum also provides tools for managing feelings, building resilience, and developing positive relationships, ensuring that children grow into well-rounded, compassionate, and responsible individuals.

Through fortnightly SPHE lessons, Students will learn how to maintain their health, forge strong friendships, understand and manage their emotions, and make informed decisions.

Key Learning Areas and skills

- **Health and Well-being:** Students will discover effective ways to take care of their physical and mental health.
- **Relationships:** Building and maintaining strong, healthy friendships will be a focal point.
- **Emotional Intelligence:** Understanding and managing emotions is essential for personal growth.



SPHE: Social, Spiritual, Personal, Physical, Holistic, Health, Education





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- **Decision-Making:** Lessons will cover making good choices that reflect our SPH values.
- **Online Safety:** Students will learn how to stay safe in the digital world.
- **Financial Literacy:** Managing money responsibly will be a key topic.
- **Understanding Puberty:** Navigating the changes during puberty will be addressed to ensure a smooth transition.

Alongside fortnightly lessons, Students will take part in two SPH Experience days throughout the year. SPH experience days will complement and enrich the learning from SPHE lessons and will provide the opportunity to reflect on and develop the SPH student.

SPHE lessons 2024-2025

Date	Period
Monday 16 th September	2
Tuesday 1 st October	3
Thursday 17 th October	SPH Experience Day 1
Thursday 7 th November	5
Friday 22 nd November	2
Tuesday 3 rd December	3
Tuesday 17 th December	4
Wednesday 15 th January	5
Thursday 30 th January	2
Friday 14 th February	3
Monday 3 rd March	4
Tuesday 18 th March	5
Wednesday 2 nd April	2
Thursday 1 st May	3
Friday 16 th May	4





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Monday 2 nd June	2
Tuesday 17 th June	3
Wednesday 2 nd July	SPH Experience Day 2
Thursday 17 th July	5



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