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Hello and welcome to our next curriculum newsletter, this time with a focus on PSHE. Here you will find out some important information to help you keep up to date with all things related to PSHE within school.

Thank you for taking the time to read it and if you have any questions feel free to get in touch.

Mr McFarlane-Majeed

### PSHE in the Curriculum

At Raddlebarn Primary School, personal, social and health education (PSHE) enables our children to become healthy, independent and responsible members of a society. 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. We provide our children with opportunities for them to learn about rights and responsibilities and appreciate what it means to be a member of a diverse society. Our children are encouraged to develop their sense of self-worth by playing a positive role in contributing to school life and the wider community.

At Raddlebarn we deliver the PSHE curriculum by utilising first-hand experience and sharing good practice. However, we are aware that the delivered curriculum must reflect the needs of our pupils. We expect teachers to use the PSHE programme to equip pupils with a sound understanding of risk and with the knowledge and skills necessary to make safe and informed decisions. We believe that the purpose of PSHE education is to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: i.e. drug education, financial education, citizenship, personal safety and the importance of physical activity and diet for a healthy lifestyle.

### PSHE unit overviews

Our PSHE is linked closely to our school vision and values (seen on the right) and ties in with these and our global themes.

**Autumn 1 : Responsibility and Peace**  
In this unit we learn about rules and how we need these and how they help us in our lives in and out of school linking to British values and democracy

**Autumn 2 : Friendship and Respect**  
In this unit we learn about how friendship and some of the skills linked to this to show respect for others. This ties in nicely with this term being when Anti bullying week occurs.

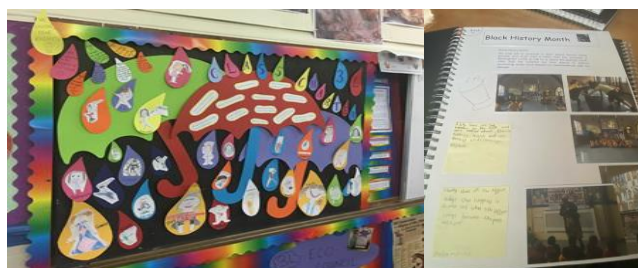
**Spring 1 : Independence and Caring**  
In this unit we learn about differences and how we value them but also how to deal with conflicts. We learn that not every one will always be a friend and how we can deal with this.

**Spring 2 : Belief and Freedom**  
In this unit we think about dreams and ambitions and how can we work towards these and aim higher. We look at inspiring people and the difficulties it takes to achieve dreams sometimes.

**Sum 1 : Reflection and Honesty**  
In this unit we reflect on our lives and how we can look after ourselves and others around us. We get opportunities to look at healthy choices and how we can make these

**Sum 2 : Perseverance and Changing Me**  
In this unit we learn about how things can change and how we cope but also how we can look forward to next stages in our lives!

PSHE is taught once a week and builds skills as pupils progress through the school. The lessons links to our school values and global themes. Pupils learning is added to class displays and the class reflection books!



Jan:  
Independence

Feb: Caring

Mar: Belief

Apr: Freedom

May:  
Perseverance

Jun: Honesty

Jul: Reflection

Sep:  
Responsibility

Oct: Respect

Nov: Friendship

Dec: Peace



## Anti-Bullying Week

This week from the 15<sup>th</sup> -19<sup>th</sup> of November has been Anti-Bullying Week. It is a week that is celebrated nationally and give pupils the chance to examine and reflect on what bullying is and how it can impact others. This year's theme is one kind word and is all about how we all can play a part and come together to help those that are bullied and stop bullying behaviour by starting to think about kind acts instead. The week always starts of with Odd Sock Day where pupils and staff come into school in mis-matched socks. The pupils love knowing we can all be the same yet celebrate our differences and be proud of them. The week will then consist of lessons, assemblies and activities to highlight the theme and give pupils a chance to really understand how bullying can affect people and how we can stop it as a team!



Anti-Bullying Week linked activities and lessons: The classes will also be doing some activities and learning this week to help them think more deeply about actions, kindness and how to care for each other linked to anti bullying!

Nursery and Reception: Read stories about kindness and bullying. They also are designing odd socks to show how we are all the same but still unique!

Year 1: The children will paint a picture of a desert island. Discussing what would they take with them to be kind and who would be there?

Year 2: Use a range of instruments to play together ensuring they understand everyone has an important role to play after learning about an orchestra

Year 3: Explore the concept of 'cause and effect' and chain reactions by thinking about dominoes falling. Then share the message of One Kind Word by showing that we can start a chain reaction of kindness.

Year 4: Will design an Anti-Bullying Superhero! They will create a plan for their hero, including the following:

- Hero name
- Their powers and how they got them
- Who they protect or stand up for and why

Year 5: Are using computing skills to research creatures from the animal kingdom that work together to survive. Sharing how we can all help each other to spread kindness

Year 6: Discuss how during the civil rights movement people promoted non-violent resistance and how this showed others respect and kindness even though people hurt and disrespected those effected.