



CURRICULUM NEWSLETTER - PHSE

Welcome to this edition of our newsletter which is all about PHSE. If you have any questions, please do not hesitate to contact me.

Mrs Ingram

Personal, social and health education, or PSHE, aims to give children the knowledge, skills and understanding to lead confident, healthy and independent lives.

The curriculum is divided into six themes; one for each half term and taught in weekly lessons.

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Being Me in my World	Relationships	Celebrating Difference	Dreams and Goals	Healthy Me	Changing Me

These incorporate our school values.

September	October	November	December	January	February	March	April	May	June	July
Responsibility	Respect	Friendship	Peace	Independence	Caring	Belief	Freedom	Perseverance	Honesty	Reflection

Being Me in my World

The children learn about their rights and responsibilities in class, school, locally, nationally and globally. They learn that their choices have consequences and affect other people.

Celebrating Difference

The children learn that our differences make us all special and unique. They learn to value themselves, understand what influences people and how to respect differences. They learn about bullying and the roles involved in this.

Healthy Me

The children learn how to eat a balanced diet and understand the facts about alcohol and other drugs and their effects on health. They learn that we need to look after our mental health as well as our physical health.

Relationships

The children learn to identify the different relationships that they have with others and know how to behave appropriately within these. They learn how to resist peer pressure and keep themselves safe online.

Dreams and Goals

The children learn to identify challenges and goals and breakdown that steps that they could take to achieve what they set out to. They build the resilience that they need to be able to overcome disappointment.

Changing Me

The children learn about how our bodies change, how people might feel about these changes and how to cope with these feelings. They learn how to prepare themselves emotionally for their transition to secondary school.

Anti-Bullying Week

Monday 14th – Friday 18th November 2022



Every year, the Anti-Bullying Alliance coordinates Anti-Bullying Week in England and Wales but each year, there is a different theme to focus on. This year, the theme was Reach Out. It called on each of us to reach out in school, at home, in the community or online. It asked us to reach out and show each other support, to reach out to someone we trust if we need to talk and to reach out to someone who is hurt or upset.



Our week started on Monday 14th November with Odd Socks Day. This is a celebration of the fact that we are all different. The children talked about everyone being unique and if we all respect each other's differences then we won't use them as a reason to hurt one another. This was Nursery and Reception's main focus throughout the week.

Bullying is the **repetitive, intentional hurting** of one person or group by another person or group, where the relationship involves an **imbalance of power**.

Years 1 and 2 focused on how they could reach out to someone who was hurt, upset or lonely and who they could reach out to if they needed to. They made colourful arrows to share their ideas with each other.

Years 3 and 4 learnt about three roles that people might take on in a bullying scenario. They learnt about the bully, target and bystander. They worked on some different scenarios to look at each role and how each one could reach out.

Years 5 and 6 learnt about all six roles that people might take on in a bullying scenario. They learnt to identify the role in different scenarios and suggested how the people in each role could reach out.

All the children named the adults in school who they can reach out to and were reassured that it doesn't matter what a child's role has been, he/she can always reach out for help to resolve the situation without being judged.

Extra information is also available on the Anti-Bullying Alliance website.