

In this issue:

- What PSHE Education is
- What schools have to teach in PSHE
- Our PSHE Programme
- Our Units of Work
- Anti-Bullying Week

Welcome to our PSHE newsletter.

In this edition, you will find out about our updated and improved PSHE programme and this year's Anti-Bullying Week.

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

Mrs Ingram

PSHE Education (Personal, Social, Health

and Economic Education) is a planned programme of learning through which children acquire the knowledge, understanding and skills they need to successfully manage their lives – now and in the future. As part of a whole-school approach, PSHE Education develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

What do schools have to teach in PSHE Education?

According to the National Curriculum, every school needs to have a broad and balanced curriculum that:

- promotes the spiritual, moral, social, cultural, mental and physical development of pupils at the school;
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life;
- promotes British values.

Primary schools in England also need to teach Relationships and Health Education as compulsory subjects. Schools also have statutory responsibilities to safeguard their pupils (Keeping Children Safe in Education, DfE, 2019) and to uphold the Equality Act (2010).

Our PSHE Programme supports all of these requirements and has children's wellbeing at its heart.

Our PSHE Programme

It is a whole-school approach and embodies a positive philosophy and creative teaching and learning activities to nurture children's development as compassionate and well-rounded human beings as well as building their capacity to learn. It is a comprehensive programme that has two main aims for all children:

- To build their capacity for learning
- To equip them for life

It brings together PSHE Education, compulsory Relationships and Health Education, emotional literacy, mindfulness and social, moral, spiritual and cultural development. It is designed as a whole school approach, with all year groups working on the same unit at the same time at their own level. There are six half-term units of work and each year group is taught one lesson per week. All lessons are delivered in an age- and stage-appropriate way so that they meet children's needs.

Our Units of Work



Autumn 1 Being Me in My World covers a

wide range of topics, including a sense of belonging, welcoming others and being part of a school community, a wider community, and a global community. It also looks at children's rights and responsibilities, working and socialising with others and pupil voice.



Autumn 2

Relationships starts with building a respectful relationship with self and covers topics including families, friendships, pets and animals and love and loss. A vital part of this unit is about safeguarding and keeping children safe; this links to online safety and social networking. Children learn how to deal with conflict, build assertiveness skills and identify their own strengths and strategies for building self-esteem and resilience. They explore roles and responsibilities in families and friendship groups and consider stereotypes.



Spring 1 Celebrating Difference focuses on

similarities and differences and teaches about diversity, such as disability, racism, power, friendships, and conflict; children learn to accept everyone's right to 'difference' and most year groups explore the concept of 'normality'. Anti-bullying, including cyber bullying, is an important aspect of this unit.

Economic Education is delivered in addition to this through our partnership with HSBC.

 <p>Spring 2 Dreams and Goals aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are and how to overcome challenges, using team-work skills and tasks. There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment and success. They get to share their aspirations, the dreams and goals of others in different cultures/countries and their dreams for their community and the world. It's great for children to have this experience to think ambitiously and to have aspirations.</p>	 <p>Summer 1 Healthy Me covers two main areas of health: emotional/mental health (relaxation, being safe, friendships, mental health skills, body image, relationships with food, managing stress) and physical health (eating a balanced diet, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe, first aid). Most of the statutory content for Health Education (DfE) is contained within this unit.</p>	 <p>Summer 2 Changing Me deals with change of many types, from growing from young to old, becoming a teenager, assertiveness, puberty, self-respect and safeguarding. Each year group thinks about looking ahead, moving year groups or the transition to secondary school and how to cope positively with such changes. Life cycles and human reproduction are taught through the Key Stage 2 Science curriculum as detailed in our updated and through our meetings for parents in the summer term.</p>
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Anti-Bullying Week 2023: Make A Noise About Bullying

The week started with Odd Socks Day. Children and staff wore odd socks to school to celebrate what makes us all unique. Nursery and Reception used socks to investigate being different and being kind.

Throughout the week, the children took part in assemblies and lessons that focused on the theme 'Make a Noise about Bullying'. They looked at what bullying means to us, how banter can turn into something more hurtful and what we can do to stop bullying. The children learnt about being assertive and speaking out if they see or hear something that they don't like. In Key Stage 1 and 2, they learnt about people who have done this and 'made a noise' about something that they saw that wasn't right.

Make a Noise like:

Year 1 – Greta Thunberg

Year 2 – Malala Yousafzai

Year 3 – Katherine Switzer

Year 4 – Edith Cavell

Year 5 – Cory Aquino

Year 6 – Irena Sendler

Parents' Workshop - Ghandi

There is lots of information for parents and carers on the Anti-Bullying Alliance website.



<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/parents-and-carers>

We will continue to focus on this message for the whole year until a new theme is shared next Anti-Bullying Week. It encompasses our whole school ethos and values and is revisited throughout the year in our PSHE programme.