

PSHE – Stands for **P**ersonal, **S**ocial, **H**ealth, **E**conomic Education and provides an opportunity for pupils to reflect upon issues, understand themselves, manage relationships and recognise the contribution they can make to the wider community.

PSHE curriculum intent

The knowledge and skills children learn in their PSHE lessons at Potters Gate and St Andrews enable them to become; independent, positive, confident, healthy and responsible members of society. They also help to develop our children spiritually, morally, socially and culturally (SMSC).

PSHE is taught across the school from Reception to Year 6 on a weekly basis. As a school we follow 'Wellbeing Objectives', with 6 main areas that develop learning, and results in the acquisition of knowledge and skills. The 6 main areas are: Economic, Spiritual, Environmental, Mental and Emotional, Social and Physical and Sensory Wellbeing. The knowledge and skills enable our children to access the wider curriculum and work collaboratively with others.

PSHE lessons are always taught within a relevant and meaningful content, which is supported through a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. We often take our lessons outside of the classroom through hands on experiences, trips, visitors and outdoor learning lessons which creates a sense of 'real life' experiences, enjoyment and develops self-worth.

Our curriculum will prepare children for the opportunities, responsibilities and experiences for later life. Our PSHE lessons equip children with an age-appropriate, sound understanding of risk and the knowledge and skills necessary to make safe and informed decisions. With an ever-changing society, we provide our children with a strong understanding of the diverse world around them and support them in playing a positive role in contributing to the school and the wider community.

Weaving through the heart of our PSHE teaching, is a commitment to enhancing and promoting our core Christian Values; Fellowship, Justice, Resilience and Trust.

Feeling Good Week – Monday to Friday 10th to 14th October 2022

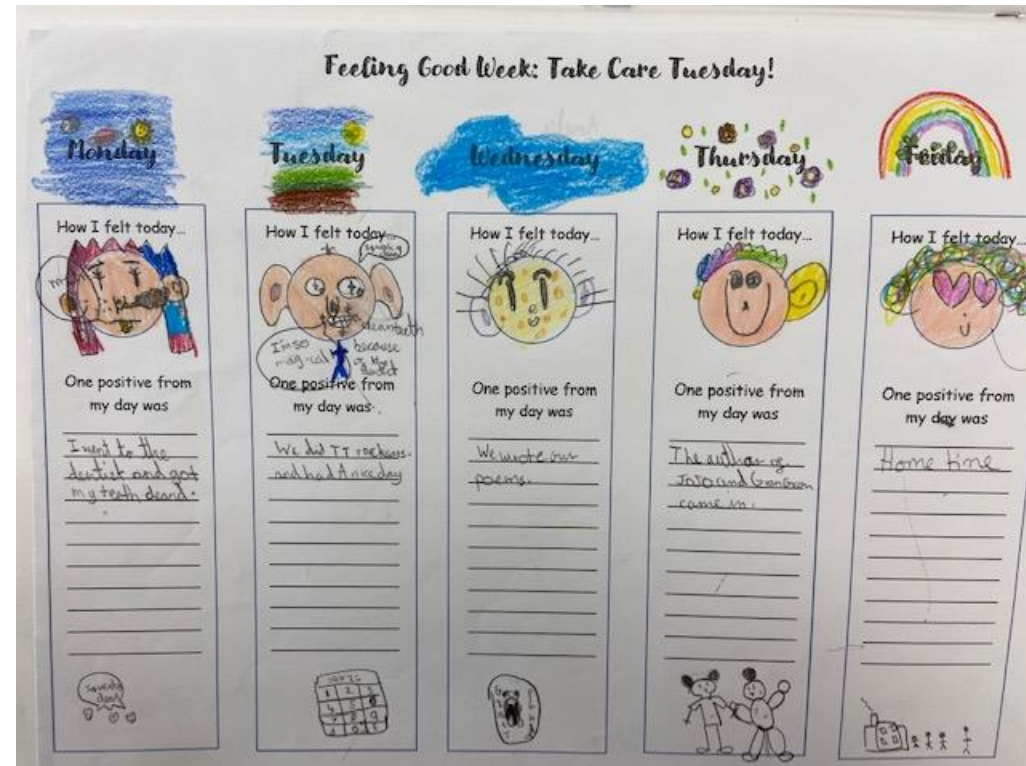
Theme – 'Proud to be...'



This year's theme 'Proud to be...', encourages young people to share what makes them proud to be themselves and to hear from others. Being able to share

experiences with others can help encourage positive mental health. The theme aims to:

- assist children and young people in identifying their own strengths
- encourage listening, learning, sharing and trust
- help children develop respect and pride in shared activity
- build positive and supportive relationships and heighten awareness of both self and others
- develop understanding of their own, and other people's attitudes and values
- promote equality, inclusion and community cohesion

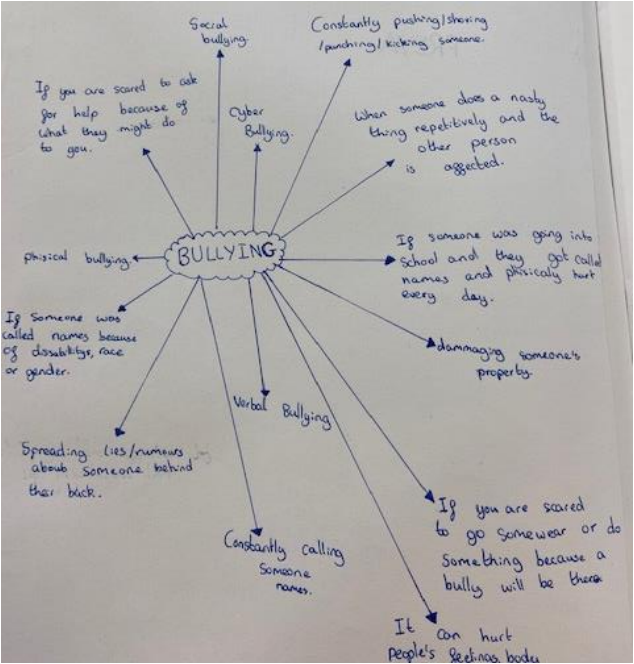


This Anti-Bullying Week,
let's come together and **reach out**
to stop bullying.

**REACH
OUT**

Monday 14th to
Friday 18th November
#AntiBullyingWeek
#ReachOut





She could be feeling angry and left out. and she could walk away or tell the teacher.

Stephanie could force her peers and walk over to the older kids to ask for her ball back, or Stephanie could go and tell an adult to deal with a situation.

Stephanie was playing with a ball in the playground. Some older children took the ball from her and starting playing their own game, not including Stephanie.

Stephanie could be feeling sad, angry, annoyed. Stephanie could tell a teacher or play something else.

ANGRY
Upset, sad
speak to an adult

Let out your worries to an adult.

Top Tips

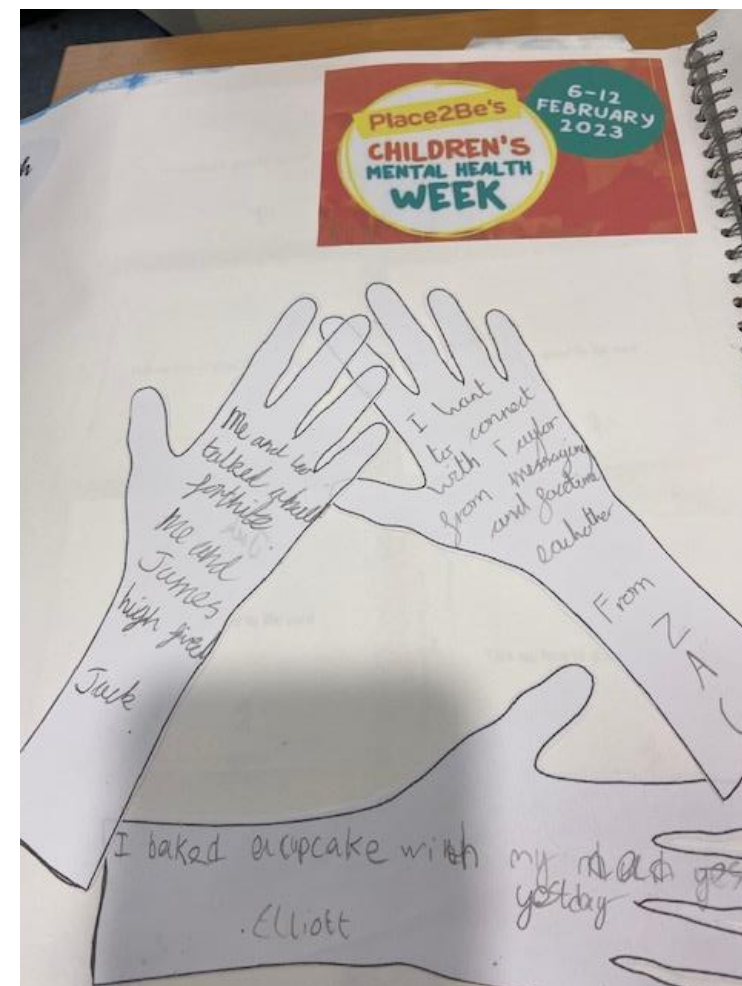
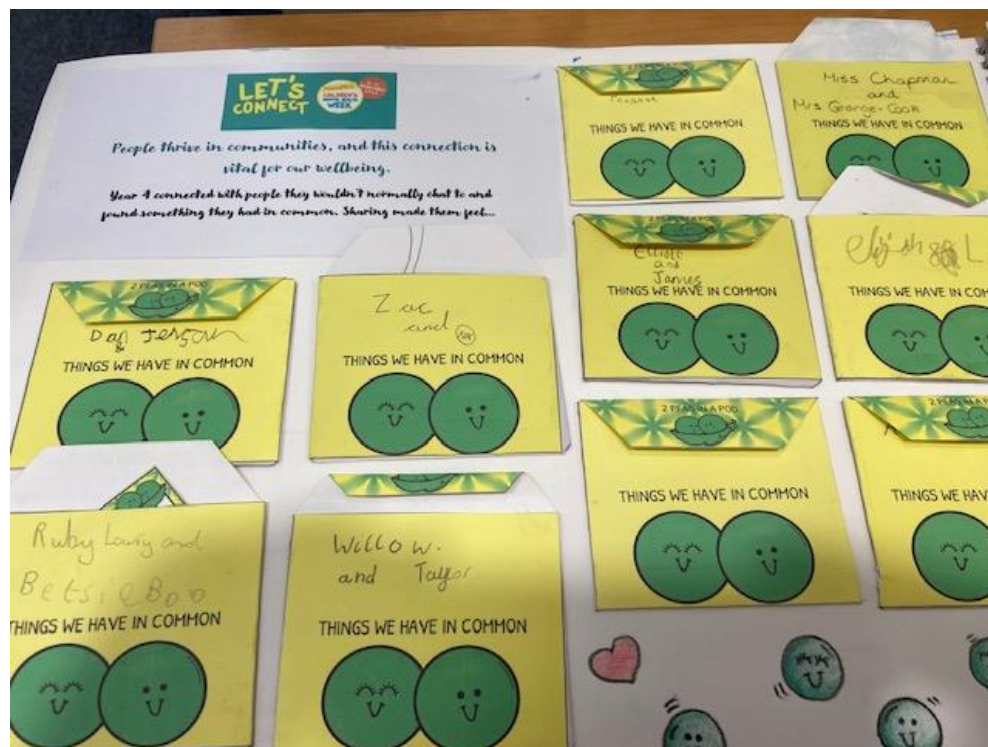
Jeremy notices that his friends have been acting a bit different. They aren't speaking to him and Jeremy doesn't know why.

Top Tips

If someone is being rude just walk away or tell an adult about it.

Top Tips

Speak to a teacher or tell an adult.



- Understanding Relationships and Health Education in your child's primary school: a guide for parents (Department for Education)

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

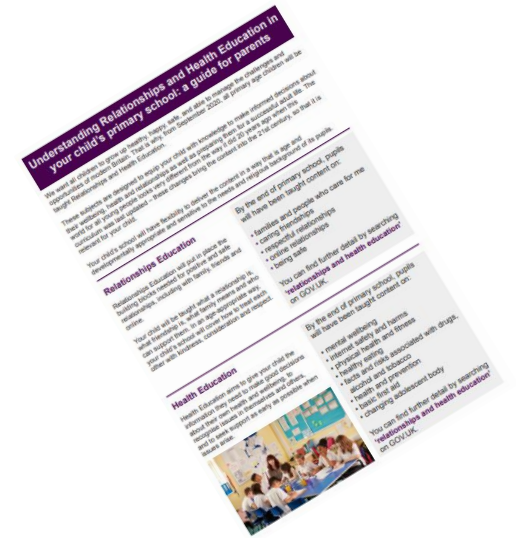
By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Pupil voice

Pupil voice refers to the ways in which learners thoughts and opinions are invited and engaged with. Pupil participation is about developing a culture in school where all children have a voice and play a role in decisions that affect their learning and well-being.

- Reception

“We have been learning about kind hands and no pushing because it’s mean...this is the same at home. If we do something wrong we say sorry”.

“We all have different families...some people have a mum and a dad, some live with their Granny... those are our families and we love them”.

“We tidy up our own areas at school”.

Talking about moving to Year 1...

“We have been to see the classes to have a look and we are excited to move on...everyone in school moves on”.

“In school we help each other”.

“You need to be respectful if someone is talking. If someone is hurt you can get an adult. If you are on your tablet you need to be kind to other people. You need to walk safely so you don’t trip over”.

- Year 1 and 2

“We know about sleep, healthy choices and healthy diet...we looked at a wheel...with food on like vegetables and fruit. The smallest bit was chocolate and sweets...they are not healthy and have no vitamins. We need them to be strong”.

“We learnt about being safe on the road...we watched a video, you need to stop...listen...look and look again...that is how you cross the road, we made chalk road maps”.

“We have learnt about the science words for parts of the body...we labelled them...we need to know those words if we go to the doctors and so they know what you are talking about”.

“We have talked about Bullying...if you don't like what someone is doing you can say 'stop' and 'I don't like it'...if they do not stop you can talk to a grown up you trust”.

“You need to try hard, we need to keep safe by the road, keeping healthy is washing you hands and don't take medicines without your Mum. We need to keep safe with water and fire, families...everyone is different but we all love our families. We do PSHE because when you have children you need to know what to do. Don't talk to strangers on the computer”.

“Working in a group means helping each other, if we have an argument we know what to do, all our families are different and that's ok, we do PSHE so we know what is right and wrong, so we don't hurt someone's feelings, don't give someone your password”.

- Year 3

“We have been learning about how to take care of ourselves, how to love and like ourselves.”

“We do PSHE so that when we are older we know how to look after ourselves. How to treat yourself well and having a healthy balance”.

“We have been learning about resilience and to try our hardest...if you don't try then you won't achieve anything and having a growth mindset and use positive vocabulary”.

“We have been doing water safety...did you know SAFE stands for ‘Stay Away From the Edge’! If something goes into the water by accident to get a ball, don't go in and get it, don't put yourself in danger wait for it to come back to you or ask an adult to help...don't get out of your depth in the water, be aware”.

“We need to eat healthy foods, we talk about who is important to us, we know about our emotions and if someone is sad, we know what to do at playtime if someone is sad, if you ever get in a situation you know what to do, if you game with someone don't tell them your personal information, we know about people who have Autism and about their feelings”.

- Year 4

“In PSHE we learn about how we can deal with our emotions...we talked about calming methods and what is best for us”.

“We have talked about peer pressure, what is good and not good...if your friends make you do something, you need to sort it out and talk to an adult. You need to stay strong”.

“We talked about healthy foods and why we need them”.

“You need to be a good role model and make your behaviour better because other people can copy your actions”.

“We have been learning about how to use our money safely and advertisements and what to buy...you need to be careful of the price and that cheaper is not always better”.

“We need to exercise and exercise your brain, we know about Growth Mindset and ‘your best is enough’. You need to help other people and help yourself. We know what to do if we fall out with our friends. We do PSHE so we know how to share. If we are gaming we need to be safe.”

- Year 5

“In PSHE we talk about our friendships, how to resolve arguments because as we get older we need to work together. We also talked about our relationships with our families and about trust and love”.

“In our consent lessons we learnt that have to ask if someone is comfortable with you touching them”.

“Our puberty lessons are about how we are growing up and are for the future for how to manage.”

“We talked about times when we are scared. We do circle times and talk about kindness, we need to keep safe on the computer and talk to an adult, we can recognise how to help each other, we talk about different ways to deal with stress, we learn more about each other, we do PSHE so that when we are older we know how to cope. We talk about mental health and how to be safe and how to deal with our friends”.

- Year 6

“We have been learning about transition to secondary school using our Smart Moves booklet. We write about our family, our friends and our feelings”.

“We know that we need to balance our schedules and that everyone needs some time out, to relax”.

“We talked about how to use mobile phones safely, our digital footprint, a picture or screenshot can be there forever and to be careful about group chat”.

“We have talked about healthy friendships and caring for each other”.

“We have been learning about our feelings and being resilient, growth mindset”.

“We are doing Smart Moves and transition. How much sleep we should get and why, how to get to school safely so we are prepared. We have talked about positive learning environments, our feelings and emotions and how to relax (for example listening to music or breathing). We talked about what Apps we use and what age they are for. We do this because work can be stressful, so we need to be ready later down the line”.