

# PSHE in the Primary School



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# PSHE in the Primary School



## What is PSHE / RSE?

PSHE - Personal Social Health Education

RSE - Relationship Education (inc. Sex Education)

A program of learning through which children acquire the knowledge, skills and understanding they need to manage their lives - now and in the future.

As part of our broad curriculum, PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

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## Why do we teach it?

Schools need a broad and balanced curriculum that

- Promotes the spiritual, moral, cultural, mental and physical development of pupils
- Prepares pupils for opportunities, responsibilities and experiences for NOW and later in life.
- Promotes Citizenship and the Aloha College values.
- Promotes the pupil well being.
  
- Though a robust PSHE, Relationships Education, (including Sex Education), we can insure that accurate and appropriate information is given.

**If we don't teach them, they will find out for themselves and this leads to worry, concern and misinformation.**

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## How are we doing it?

With the agreement and the full backing of the Board of Trustees, who represent the Parent Body, we have set out a curriculum outline for PSHE.

To insure accuracy, appropriateness, consistency and continuity of information and learning, the College has adopted and adapted the JIGSAW PSHE Programme: **a Mindful approach to PSHE.**



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A full programme running from Year 1 through to Year 6, with some key themes also running into Reception and Nursery.

Key aims of the Programme are -

1. To build children's learning capacity
2. To equip them for life



6 Key topics covered during the year - each year group covering the same topic at the same time, but with **age appropriate content**. These are referred to as Puzzles.

Mindfulness is also a key focus to ALL Puzzles and runs through each and every lesson. Mindfulness empowers children with the tools to reflect and relax on the day to day challenges and events in their lives - enabling them to deal more effectively with their daily routines.

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## The 6 Puzzles (units)

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 and working and socializing with others.
2. 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 a difference.  
**Difference is the only thing we ALL have in common.**  
The unit also covers bullying in relation to cyber, and homophobia.

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3. Dreams and Goals -aims to help children think about the hopes and dreams, their goals for success, what personal strengths are and how to overcome the challenges they will face, There is also a focus on enterprise and fundraising. Children learn about experiencing and managing feelings of pride, ambition, disappointment, success and how different cultures approach these.
4. Healthy Me - covers two main areas  
Emotional Health - relaxation, being safe, friendships, mental health skills, body image, relationships with food and managing stress.  
Physical Health - balanced diets, physical activity, rest and relaxation, keeping clean, drugs and alcohol, being safe and first aid.

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5. Relationships - a wide subject area addressing areas such as friendship, families, pets & animals, and love and loss.
6. Changing Me - deals with changes of many types, from growing up, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body Image, puberty and attraction and accepting change. Also, looking ahead to the next stages in their lives.



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This term, we will be focusing on  
Dreams and Goals and Healthy Me.

The following slides highlight the outcomes for the children from these  
2 units.

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## Year 4

**DG** - I recognise my how I feel about my hopes and dreams and can stay motivated when presented with something challenging.

- I can keep trying even when my hopes and dreams are broken.
- I can work well with a partner and in a group and help others to achieve a goal.
- I work hard to achieve my dreams and goals

**HM** - I can make a healthy choice:

- Smoking - I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.
- Alcohol: I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol
- I recognise how different friendship groups are formed, how I fit into them and the friends I value the most I understand there are people who take on the roles of leaders or followers in a group, and I know the role I take on in different situations.
- I can recognise negative feelings in peer pressure situations (such as embarrassment, shame, inadequacy and guilt) and know how to act assertively to resist pressure from myself and others. I can recognise when people are putting me under pressure and can explain ways to resist this when I want. I can identify feelings of anxiety and fear associated with peer pressure. I know myself well enough to have a clear picture of what I believe is right and wrong

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## Year 5

**DG** - I recognise how I feel about my hopes and dreams and begin to have an idea of life when I grow up.

- I can keep trying and be aware of a variety of jobs and the contributions made by people in different jobs, helping me to consider my dream job.
- I can work well with a partner and in a group and help others to achieve a goal, including a consideration of young people from different cultures.
- I work hard to achieve my dreams and goals whilst also being aware of helping others to achieve theirs.

**HM** Smoking: I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. I can make an informed decision about whether or not I choose to smoke and know how to resist pressure.

- Alcohol: I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart.
- First Aid: I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. I know how to keep myself calm in emergencies.
- Body Image: I understand how the media, social media and celebrity culture promotes certain body types. I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am
- Relationship with food: I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. I respect and value my body

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Year 6

**DG** - I recognise how I feel about my hopes and dreams and realise the need to stretch myself.

- I can keep trying and be aware of motivating myself to reach my goals and dreams.
- I can work well with a partner and in a group and help others to achieve a goal, including a consideration of young people from different cultures to my own.
- I work hard to achieve my own dreams and goals as well as being an active participant in helping others to achieve theirs.

**HM** -I understand that some people can be exploited and made to do things that are against the law.

- I know why some people join gangs and the risks this involves. I can suggest strategies someone could use to avoid being pressurised.

I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. I know how to help myself feel emotionally healthy and can recognise when I need help with this.

I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. I can use different strategies to manage stress and pressure.

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Future presentations will further elaborate on the remaining 2 units covered during the summer term.

Next Meeting....

Relationships and Changing Me

Key Stage 1 - ?March 3pm

Key Stage 2 - ?March 3pm

Relationships and Changing Me

March - detail to follow

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## Any Questions

