



# Oak Meadow Primary School PSHE Information Meeting

From tiny acorns **mighty oaks** grow...





## Within this presentation:

---

What is PSHE?

---

Statutory RSHE

---

Why PSHE is important?

---

How we deliver PSHE?

---

Examples of resources/topics

---

Opportunity for questions

From tiny acorns **mighty oaks** grow...



## What is PSHE (Personal, Social, Health & Economic) education?

Here at Oak Meadow Primary School, we feel personal, social and health education (PSHE) enables our children to become healthy, independent and responsible members of society. It helps them to develop 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 and respect 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.



From tiny acorns **mighty oaks** grow...



## What is PSHE (Personal, Social, Health & Economic) education?

We also instil the importance of being a caring global citizen and ensure that our children recognise the importance of respecting and protecting the environment. We deliver a PSHE curriculum that is accessible to all pupils which promotes their spiritual, moral, social, cultural, emotional and physical development.

We ensure that our children understand how to maintain healthy relationships, how to stay safe and how to develop healthy relationships both now and in their future lives. We aim to provide our pupils with the knowledge and skills to make well informed judgements and decisions.



From tiny acorns **mighty oaks** grow...



## The impact of our PSHE curriculum

The effective teaching of PSHE will impact upon children in the following ways:

- They will develop positive and healthy relationships with their peers both now and in the future.
- They will understand the physical aspects involved in Relationship and Sex Education at an age appropriate level.
- They will have respect for themselves and others.
- They will value the implications of living in a diverse society.
- They will have positive body images.
- They will understand a range of emotions and how to deal with them.
- They will recognise and apply the British Values of Democracy, Tolerance, Mutual respect, Rule of law and Liberty.

From tiny acorns **mighty oaks** grow...





## Statutory Relationships & Health Education

From September 2020, Relationships Education and Health Education became a statutory subject in all schools

Sex Education is statutory in all secondary phase schools, and optional for primary phase schools (except where elements of this are in the curriculum already e.g. Science)

From tiny acorns **mighty oaks** grow...





What is included in the curriculum?

## Health Education

Primary schools should cover:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body



### Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

From tiny acorns **mighty oaks** grow...





# What is included in the curriculum?

## Relationships Education

Primary schools should cover:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



### Relationships Education, Relationships and Sex Education (RSE) and Health Education

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

From tiny acorns **mighty oaks** grow...





# What is included in the curriculum?

Being safe	Pupils should know
	<ul style="list-style-type: none"><li>• what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</li><li>• about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe.</li><li>• that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.</li><li>• how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.</li><li>• how to recognise and report feelings of being unsafe or feeling bad about any adult.</li><li>• how to ask for advice or help for themselves or others, and to keep trying until they are heard.</li><li>• how to report concerns or abuse, and the vocabulary and confidence needed to do so.</li><li>• where to get advice e.g. family, school and/or other sources.</li></ul>

From tiny acorns **mighty oaks** grow...





Children Act 2004



Children and Social Work Act 2017



Academies Act 2010



School inspection handbook

Handbook for inspecting schools in England under section 5 of the Education Act 2005



Keeping children safe in education

Statutory guidance for schools and colleges



Promoting fundamental British values as part of SMSC in schools

Departmental advice for maintained schools



Equality Act 2010



Education Act 2002

From tiny acorns mighty oaks grow...





The PSHE Curriculum also identifies cross-curricular links to British Values, each year group's Cultural Capital Journeys and the Well-Being passport.

Lessons involve class discussions and group activities. Evidence of the work completed is often gathered into a class floor book so that the focus is on the discussions and the children's understanding of what has been taught and not on the written aspects. Our weekly whole school assemblies and class assemblies also follow PSHE themes.

From tiny acorns **mighty oaks** grow...





# Our Curriculum Overview

PSHE lessons are taught weekly and the PSHE school curriculum focuses upon three core learning themes:

**1 - Health and Wellbeing.**

**2 – Relationships.**

**3 - Living in the Wider World.**

Each half term has a unit theme:

**Autumn 1: Back to School.**

**Autumn 2: Anti-Bullying and Getting on with Everyone.**

**Spring 1: Dealing with Feelings.**

**Spring 2: Growing Up and Relationship.**

**Summer 1: Money and Me.**

**Summer 2: Healthy Eating/Keeping Safe.**

Topics such as relationship and sex education, body changes, drug, alcohol and tobacco education are taught to an age appropriate level.

We provide a spiral curriculum so topics are re-visited but deepen pupils' knowledge and understanding as well as taking into account them maturing and requiring more detailed and age specific learning.

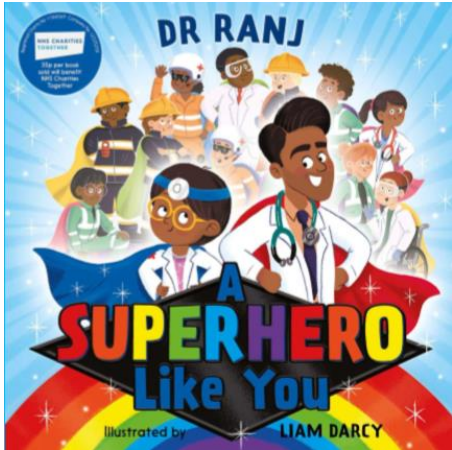
From tiny acorns **mighty oaks** grow...





# Resources Examples Key Stage 1:

Year 1 - NSPCC Pants rule song (recognising privacy and keeping safe)

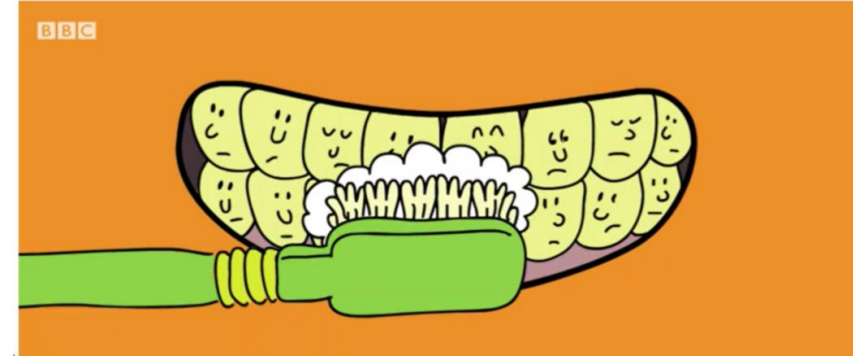


What are the PANTS rules?

Year 1 – How different  
People care for us

## Brush your teeth

BBC Teach > School Radio > EYFS > Nursery Rhymes and Songs > All Nursery Rhymes and Songs A to Z



Year 2 –  
Keeping  
healthy –  
good oral  
hygiene

### Safe Or Unsafe?

Are these safe or unsafe situations? Colour the correct box.

	<input checked="" type="checkbox"/>	<input type="checkbox"/>		<input checked="" type="checkbox"/>	<input type="checkbox"/>
--	-------------------------------------	--------------------------	--	-------------------------------------	--------------------------

Year 2 – Safe  
and unsafe  
situations

From tiny acorns mighty oaks grow...



# Resources Examples Key Stage 2:

## Minimum Age Restrictions for Social Media Platforms

Video games are PEGI rated.

PEGI ratings offer a traffic light system of age ratings for video games.

The purpose of the age ratings is to indicate that the games are appropriate for players of a certain age.

The age ratings for green PEGI 3 and PEGI 7 games are advisory. The age ratings for the orange PEGI 12 and PEGI 16, as well as the red PEGI 18, are legally enforceable.

Shops cannot sell games with an orange or red rating to people who are not the right age.

7

PEGI 7

12

PEGI 12

18

PEGI 18

Year 3 – Using the internet safely and appropriately

WALT: understand spending money for needs and wants

Lets discuss needs and wants!

We would like you to think about whether you need the item or just want the item!  
Will this activity have different outcomes for different people? Why?

Need	Want	Not Sure

Year 4 – Making decisions about money – group discussions

Your task:

Create a poster outlining your ideal job and how you are going to achieve your ambitions

You must outline:

- Why you want to do the job?
- What you need to do to achieve this e.g qualifications?
- What skills you need to achieve this?

You can have creative license with this. Make it look powerful. It is your journey - no one else's

My Ideal Job

I can identify my own ambitions and ways to achieve them.

When I grow up, I want to be:

Explain why you want to do this job when you are older:

What do you need to do to achieve your ambition? Research any qualifications or work experience you need.

Draw a picture of yourself in your dream job.

Describe the skills you will need to do this job. For example, 'I will need to show initiative to seek out appropriate work experience opportunities.'

From tiny acorns mighty oaks grow...



Year 6 – How transition to secondary school can make us feel and how relationships might change

Year 5 – Identifying job interests and aspirations, what influences career choices



# Links to Wider School Practice



From tiny acorns **mighty oaks** grow...



# What else you need to know...



From tiny acorns **mighty oaks** grow...





# QUESTIONS

Do you have any questions following the presentation?

From tiny acorns **mighty oaks** grow...





THANK YOU!

If you would like any further information or have any questions moving forwards, please feel free to contact Mrs Bristow.

From tiny acorns **mighty oaks** grow...

