

# Eastfield Primary School



Parent information booklet

## Personal, Social, Health & Citizenship Education (PSHCE)

### Areas covered in Personal, Social Health & Citizenship Education

The order in which topics are covered may vary.

<u>Year</u>	<u>Autumn term</u>	<u>Spring term</u>	<u>Summer term</u>
<u>Year 1</u>	Me and looking after myself Me and my family/friends	Me and my community & environment Growing up in a ..... world	Keeping myself safe Me & my relationships
<u>Year 2</u>	Me and looking after myself – staying healthy Me and my family/friends	Me and my community & environment Growing up in a ..... world	Keeping myself safe Me & my relationships
<u>Year 3</u>	Taking responsibility for my health Lifestyle feelings, loss separation	My healthy body The world of drugs	Me and my relationships Me, my community & my environment
<u>Year 4</u>	Me & looking after myself Me, my family & friends	Me and my community & environment Me and my relationships	The world of drugs Growing, changing & growing up
<u>Year 5</u>	Lifestyles & cultures Bulles, bullying, pressures & risks	Me and my community & environment Keeping myself safe	Substance use & misuse Me and my relationships
<u>Year 6</u>	Growing up, relationships & responsibility of puberty	Me, my family & friends Me and my community & environment	Keeping myself safe/ The world of drugs Me and my relationships

## Aims & Objectives

- To develop confidence & responsibility.
- Prepare children to be active citizens.
- To develop a healthy, safe lifestyle.
- To develop good relationships & respect the differences between people.
- To be self aware – know their strengths and weaknesses.
- To be able to work and communicate effectively with others.
- To be able to make informed decisions and solve problems.

## What are 'PSHCE' lessons like?

Each teacher allocates 25 minutes per week for PSHCE. Depending on the topic being covered, the teacher will select the most appropriate way to help the children understand what is being taught. The lesson itself may take the form of a discussion, a video, a worksheet, a visit from someone (e.g. the school nurse), a story or drama.

One method of holding class discussions is '**circle time**' (1/2 hour each week). This is where the whole class sits in a circle and discusses an issue that has caused them some concern – sharing, friends falling out, being kind, things that make them sad, are all examples of topics that may arise.

## School Council

At the beginning of each year in key stage 2 each class elects two representatives (one girl and one boy) to sit on the school council. The school council meets once each term to consider the concerns of the pupils. The children, who also elect a chairperson and secretary to take minutes, lead the council meetings. Mrs Beal and Mrs Holmes represent the staff and consider the important matters of the meeting.

The children, who post ideas into the suggestion box in each classroom, create the agenda for each meeting. The class councillors select the most relevant issues to be discussed at the meeting and feedback to the class afterwards.

Issues discussed include: quality of toilets, games teams, playground provision etc

## How can parents help to develop 'PSHE' skills?

- Explain to your child why they are expected to do certain things.
- Explain that their actions affect other people.
- Encourage them to find out about other people.
- Give them choices, and let them see the consequences of those choices.
- Give them jobs to do around their house e.g. keep their room tidy.
- Teach them about personal hygiene e.g. how to clean their teeth.
- Encourage them to always have a go and to always do their best.