

PSHE, Relationships and Sex Education (RSE),



“A bird sitting on a tree is never afraid of the branch, because her trust is not on the branch but on its own wings. Always believe in yourself.”

Charlie Wardle

Personal, Social and Health Education

Intent:

Here at Beormund we strive to educate the children in the core life skills that create thoughtful and well-rounded individuals. We aim to build on the personal skills and attitudes of the children and help them decode the world around them.

Whilst PSHE is a stand-alone subject, it is incorporated daily into the conversations around the school. Children are given the opportunity to talk about their life experiences and work to support each other through adult guidance. This takes place in sessions such as Morning Munch which is explicitly timetabled every day for the children to meet, eat and talk together. Here they are encouraged to speak freely and have open and respectful conversations with each other and the adults. Adults model debates and how to appropriately approach differing opinions. This is a direct response to the speech and language needs of the cohort at the school.

We follow 3 key strands when teaching PSHE:

- Health and wellbeing
- Relationships
- Living in the wider world

One of the key pieces of legislation that underpins everything we do is the United Nations Convention on the Rights of the Child. This contains 54 articles that set out all of the rights children should be given access to. [convention-rights-child-text-child-friendly-version.pdf \(unicef.org\)](#) One of the key articles that is at the forefront of our PSHE curriculum is ‘*the right to be heard*’. [Every Child’s Right to be Heard. A Resource Guide on the UN Committee on the Rights of the Child General Comment No 12 | Save the Children’s Resource Centre](#)

During PSHE, there are discussions led by children. Adults consciously provide children with the opportunities to share their views on a whole range of situations and scenarios. The child’s voice is extremely important when delivering all of our lessons.

We are looking to focus on the health and wellbeing of the children following COVID and its effects. A drive in active learning and a “healthy body, healthy mind” approach will support the continuing development of the children at Beormund.

Beormund will also use current affairs to encourage conversations around the local and wider world. Children will watch shows like Newsround and be introduced to other news stories to develop speaking and listening, as well as building on their interpersonal skills.

PSHE Curriculum at Beormund

Implementation:

Year Group	Autumn	Spring	Summer
1	<p>Focus on:</p> <ul style="list-style-type: none"> - Feelings - Keeping well can clean - Who are our friends - Citizenship and British values - Being different - Anti-bullying 	<p>Focus on</p> <ul style="list-style-type: none"> - Parts of the body - How we grow - Losing and finding - Self esteem - Internet safety - Sustainable development 	<p>Focus on</p> <ul style="list-style-type: none"> - Physical and health and fitness - Healthy eating - Feeling worried - Dangers at home (e.g. medicines. - Memories and growing up - Road safety
2	<p>Focus on:</p> <ul style="list-style-type: none"> - Health and physical activity - Topical issues - Healthy food - Anti-bullying - Coping with conflict - How to get help - Money and shopping 	<p>Focus on:</p> <ul style="list-style-type: none"> - Community - Road safety - Safety in the wider environment - Difference between secrets and surprises - Respect the similarities and differences. - - internet safety 	<p>Focus on:</p> <ul style="list-style-type: none"> - Dangers at home (e.g. cleaning products - Basic first aid - Characteristics of an active lifestyle (physical and mental. - Relationships - Who to go to if you are worried - Special days e.g. festivals - Exposure to sun and its dangers
3	<p>Focus on:</p> <ul style="list-style-type: none"> - Feeling pressure - Health and keeping safe (viruses and protection) - Healthy relationships - Biological gender and growing up - Different types of relationships. - Citizenship and British Values 	<p>Focus on:</p> <ul style="list-style-type: none"> - Feeling sad and making choices - Mental wellbeing - Looking after others - Families who live far away - Internet safety and harms - Sustainability and environmentalism - Being part of a community 	<p>Focus on:</p> <ul style="list-style-type: none"> - Accidents and prevention - Drug education (smoking) - Physical health and fitness (daily exercise) - Peer pressure and how to manage it - Special people in school - Sense of community - World of work
4	<p>Focus on:</p> <ul style="list-style-type: none"> - Healthy eating - Health and prevention (sleep importance and dental hygiene) - Bereavement, loss and separation - Changes through puberty - Children's rights and the media 	<p>Focus on:</p> <ul style="list-style-type: none"> - Drug education (alcohol and its dangers) - Decision making - Strong feelings and mood swings - Persuasion and pressure linked to bullying - Internet safety and harms. - Sustainable development and environmental participation 	<p>Focus on:</p> <ul style="list-style-type: none"> - Basic first aid - Mental wellbeing - Physical health and fitness - Anti-bullying - Equal opportunities - Financial capability and participation (fundraising) - The United Nations Convention on the Rights of the Child
5	<p>Focus on:</p> <ul style="list-style-type: none"> - Children's rights - Lifestyle and health - What is a 'healthy relationship?' - Being left out and coping with bullying - Stereotypes and changing - Money and saving - Setting personal goals 	<p>Focus on:</p> <ul style="list-style-type: none"> - Drug alcohol and tobacco education. - Healthy eating - Internet safety and harms - Working together - Democracy and simulation - Diversity - Personal safety (UNCRC) 	<p>Focus on:</p> <ul style="list-style-type: none"> - Health and prevention - Physical health and fitness - Sex and relationships education - Gender differences and puberty - Global community project (refugee)

6	Focus on: <ul style="list-style-type: none"> - Valuing yourself and others - Children's rights - Health and prevention (sleep, illness, hygiene) - Moral dilemmas - Conflict resolution - Arguments and families. - Our neighbours - Money and me 	Focus on: <ul style="list-style-type: none"> - Drug alcohol and tobacco education - Healthy eating - Relationships and Sex education (what do we mean by love?) - Internet safety and harms - Democracy and decisions - Racism and its consequences 	Focus on: <ul style="list-style-type: none"> - Physical health and fitness - Strong emotions - Basic first aid - Moving on (transitions) - Celebration - supporting each other - Being part of a community.
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Relationships and Sex Education (RSE)

The Relationships and Sex Education teaching is aimed at the physical and emotional maturity of the children within the school. We aim to prepare the children for the changes that adolescence is going to bring – both physically and emotionally. Some of this has core links with science, where the human life cycle is embedded within the curriculum.

The teaching of Sex Education within Beormund is appropriate for the age and backgrounds of each child and is differentiated based on the individual need. We follow a scheme, recommended by Southwark known as The Christopher Winter Project [CWP Resources - Home](#) which is highly regarded and tested within primary schools. Within relationships education, we cover a variety of different factors including online relationships, respectful friendships, being safe (physically in the wider world and digitally), caring friendships and families/people who are carers.

Children in upper KS2 will learn about the changes in their body, physical and emotional and as they grow older will be taught about menstrual wellbeing.

Impact:

The PSHE and RHSE curriculum will be monitored and adapted to the changing needs of the current cohort. Through high quality teaching children will show understanding of the wider world, improved self-esteem, and resilience and future aspirations. Children will leave Beormund with the necessary skills to develop their character and improve the life chances. Pupils will become healthy, independent and responsible members of their community.

Through interventions such as Morning Munch, Newsround, explicit PSHE lessons and circle times, children's speech and language skills will have developed enabling them to be successful, independent citizens.

Useful sites available:

<https://www.unicef.org.uk/what-we-do/un-convention-child-rights>

<https://schools.southwark.gov.uk/pshe-healthy-schools/pshe-sex-relationship-education-sre-wellbeing-2>

<https://cwpresources.co.uk/home>

There are also many great discussion points on websites such as BBC bitesize and through watching Newsround daily.

<https://www.bbc.co.uk/bitesize/subjects/zqtnvcw>

<https://www.bbc.co.uk/newsround>

To find out more about our PSHE and RSE curriculums, please email your questions to:
office@beormund.southwark.sch.uk