

Personal, Social and Health Education

At West Newcastle Academy, PSHE is an essential part of our curriculum to allow our children to become effective citizens in and out of school. PSHE is taught across our school on a weekly basis. PSHE teaching through our whole-school approach using the PSHE Association, enables us to support the children to understand the importance of the health and wellbeing of themselves and others, healthy relationships and how to effectively live in the wider world, underpinned by our core values of being ready, respectful and safe. We support our children to reflect on their own experiences, allowing them to take responsibility for making own reflective choices, equipping them with the relevant and meaningful content to do this. Our PSHE curriculum helps to build curiosity amongst our children and help to guide them to understand how they are developing personally, emotionally and socially as they grow up. Through PSHE lessons and our school ethos, we create an environment of anti-bullying and children are aware of how to identify and eliminate it within school. We have a very strong and proactive school council, with representatives from all year groups who are very much the “pupil voice” of the school. We also promote PSHE aims through our class assemblies, allowing children to ask questions, be curious and promote discussion. Our vision is for our children to leave West Newcastle Academy as happy, caring individuals who are well informed but curious learners, showing respect and tolerance to the diverse society living in modern Britain today. PSHE allows our children to become compassionate and resilient in real-life situations and apply the skills and attributes taught through PSHE in everyday life.

EYFS – Personal, social and emotional development

Cycle A	All about me	Celebrations	Saving the planet
	At the beginning of the school year children will think about how to manage their feelings and emotions regarding starting a new school, being in a new classroom and having a new teacher. They will recognise their likes and dislikes and learn to manage their own needs whilst showing sensitivity to others’ needs. Through snack time and lunch time children will learn about being healthy and the importance of making healthy food choices. By following daily routines and taking part in classroom activities children will learn to work and play cooperatively, form friendships with peers and positive attachments with adults.	Children will learn that we all have things that make us similar, and things that make us different and that’s okay.	<p data-bbox="1489 836 2029 1054">Through following daily routines and engaging in school activities children will explain the reasons for rules and know right from wrong. They will also think about clean oceans and green spaces, the use of plastic and looking after animals.</p> <p data-bbox="1489 1054 2029 1091">Summer holidays</p> <p data-bbox="1489 1091 2029 1161">Children will learn how to stay safe in the sun and around water.</p>

	Children will also talk about members of their family and look at different jobs in the community.		
Cycle B	Changes	What can we make?	Our World
	At the beginning of the school year children will think about how to manage their feelings and emotions regarding starting a new school, being in a new classroom and having a new teacher- all big changes. They will recognise their likes and dislikes and learn to manage their own needs whilst showing sensitivity to others' needs. Through snack time and lunch time children will learn about being healthy and the importance of making healthy food choices. By following daily routines and taking part in classroom activities children will learn to work and play cooperatively, form friendships with peers and positive attachments with adults.	Children will learn to use different tools and equipment for a purpose. In doing so, children will learn to be confident to try new activities and show independence, resilience in the face of challenge.	Through following daily routines and engaging in school activities children will explain the reasons for rules and know right from wrong. They will also think about how to help the environment and look after our planet as well as looking at contrasting locations around the world including similarities and differences.
			Under the sea
			Children will learn how to stay safe in the sun and around water.

What is the same and different about us?	Who is special to us?	What helps us stay healthy?	What can we do with money?	Who helps to keep us safe?	How can we look after each other and the world?
Children will think about their own likes and dislikes and how everyone is different. They will look at how they are special and how their personal qualities and features are unique to them. They will also learn to use the correct names for the main parts of the body, including external genitalia; and that parts of bodies covered with underwear are private	Children will look at the different groups they belong to including family, friends, and school. They will look at the different people in their family and how all families can be different. They will think about family members who are special to them and what they do to make them feel loved. We will also recognise that it is important to tell someone if something about their family makes them feel unhappy or worried.	Children will look at what it means to be healthy and who helps them to be healthy. They will learn about the importance of medicines and hygiene including washing hands and brushing teeth etc.	Children will learn how money is obtained and how to keep it safe. They will learn how to make choices about what to do with money e.g. spend or save and the difference between needs and wants.	Children will learn about the different jobs in the community that help to keep them safe. They will learn how to attract someone's attention to ask for help and how to get help if there is an emergency. They will also learn how to respond safely to strangers and what to do if they feel unsafe or worried about themselves or others.	Children will learn the importance of being kind and polite and playing and working cooperatively. They will look at how people's needs change as they grow from old to young and that people and animals need cared for. They will learn about what can harm the local and global environment and how they and others can help to protect it. They will also learn how to manage change when moving to a new year group.

Year 2

What makes a good friend?	What is bullying?	What jobs do people do?	What helps us to stay safe?	What can help us grow and stay healthy?	How do we recognise our feelings?

<p>Children will learn how to make friends and what friendly and kind behaviour looks like. They will learn that arguments can occur in friendships and how they can be resolved and also what to do if a friendship is making them unhappy.</p>	<p>Children will learn how words and actions can affect how people feel and that name-calling, hurtful teasing, bullying and deliberately excluding others is unacceptable. They will learn how to ask for and give/not give permission regarding physical contact and how to respond if it is making them uncomfortable or unsafe. They will also learn how to report bullying to a trusted adult including online bullying.</p>	<p>Children will learn how jobs help people to earn money to pay for things they need and want. They will look at a range of different jobs and identify how people have different strengths and interests to enable them to do different jobs. They will also learn how people use the internet and digital devices in their jobs and everyday life.</p>	<p>Children will learn the importance of rules and restrictions in keeping them safe. They will learn to identify risky situations in familiar and unfamiliar environments including online and how to manage these. They will look at how to resist pressure to do something that makes them uncomfortable including keeping secrets and how to tell a trusted adult if they are worried about themselves or others. They will also learn that not everything they see online is true and that people can pretend to be someone they are not.</p>	<p>Children will learn about the different things that can help their bodies to be healthy including food, drink, physical activity, sleep and rest. They will learn about the importance of not consuming too much sugar, being physically active and getting enough sleep and rest. They will look at the importance of having a break from screen time and how being outside in the sunshine helps out bodies to grow. They will learn how to keep safe in the sun. They will also learn about the process of growing from old to young and the main parts of the body, including external genitalia and the similarities and differences between boys and girls.</p>	<p>Children will learn how to recognise, name and describe a range of feelings and how they can affect people's bodies and behaviour. They will learn how to manage big feelings and recognise when they might need help with these feelings. They will explore how different things, times and experiences can cause different feelings in different people.</p>
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Year 3

How can we be a good friend?	What keeps us safe?	What are families like?	What makes a community?	Why should we eat well and look after our teeth?	Why should we keep active and sleep well?
<p>Children will learn how friendships support wellbeing and how to recognise and seek support if they or others are feeling lonely or excluded. They will identify qualities that contribute to positive friendships and learn how to manage problems or arguments between friends. They will also learn how to recognise if a friendship is making them feel unhappy and how to ask for support.</p>	<p>Children will look at different hazards and think about what they can do to reduce risk and keep themselves safe. They will also think about how to respond if there is an accident and how to deal minor injuries. They will also learn how to call and talk to the emergency services. Children will learn that their body belongs to them and that it should not be touched without their permission. They will think about how to respond to pressure to do something that makes them uncomfortable.</p>	<p>Children will learn that families differ from each other and have different family structures. They will think about how people within families should care for each other and that features of positive family life often include shared experiences. They will also learn how to ask for help if a family relationship is making them unhappy.</p>	<p>Children will think about the different groups and communities that they belong to and that the wider/local community around school is made up of different groups. They will think about how the community helps everyone to feel included and how to be respectful towards people who live differently to them.</p>	<p>Children will learn how to eat a healthy balanced diet and the negative impact of not eating well including too much sugar. They will learn about the importance of maintaining good oral hygiene and think about what influences people's choices of what they eat and drink.</p>	<p>Children will learn how regular physical activity benefits bodies and feelings and how to be active on a daily and weekly basis. They will think about how they make choices about the physical activity they engage in and the influences around these decisions. They will also consider how lack of sleep can affect the body and moods.</p>

Year 4

What strengths, skills and interests do we have?	How do we treat each other with respect?	How can we manage our feelings?	How will we grow and change?	How can our choices make a difference to others and the environment?	How can we manage risk in different places?
<p>Children will develop their self-worth by identifying positive things about themselves and recognising their personal qualities and individuality. They will think about how their strengths, skills and interests contribute to their self-esteem and how they can set goals for themselves. They will also learn how to manage when there are set-backs, learn from mistakes and reframe unhelpful thinking.</p>	<p>Children will think about how people's behaviour affects themselves and others, including online. They will learn how to be polite and courteous in different situations and recognise the respectful behaviour they should receive in return. They will learn about the rights that children have and the relationship between rights and responsibilities. They will understand that everyone should feel included and respected and how to respond if they witness or experience discrimination. They will consider how to respond to aggressive or inappropriate</p>	<p>Children will learn how everyday things can affect feelings and how feelings can change over time or be experienced at different levels of intensity. They will understand the importance of expressing feelings and how to manage their feelings in different circumstances. They will also learn how to access advice and support to help manage their own or others' feelings.</p>	<p>Children will learn how their bodies will grow and how their emotions may change as they move through puberty. They will also learn about human reproduction.</p>	<p>Children will learn how people have a shared responsibility to help protect the world around them and that everyday choices can affect the environment. They will look at how what people choose to buy or spend money on can affect others or the environment and how to show care and concern for others including animals. They will also develop their skills and vocabulary to share their thoughts, ideas and opinions in discussions about topical issues.</p>	<p>Children will learn how to recognise, predict and manage risk in different situations and how to keep safe in the local environment and less familiar situations. They will think about how people can be influenced by their peer's behaviour and how to manage this. They will understand that there are rules, restrictions and laws to keep people safe and how to respond if they feel a situation is anti-social or against the law. They will also cover behaviour online and learn how to keep safe online including recognising what is appropriate or inappropriate to share online.</p>

	<p>behaviour (including online) and how to report their concerns. They will learn about the right to privacy and when it is appropriate or inappropriate to keep a secret.</p>				
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Year 5

What makes up our identity?	How can we help in an accident or emergency?	How can friends communicate safely?	How can drugs common to everyday life affect health?	What jobs would we like?
<p>Children will learn the importance of recognising and respecting similarities and differences between people and that there are a range of factors that can contribute to a person's identity. They will understand how individuality and personal qualities make up someone's identity and that stereotypes can negatively influence behaviour and attitudes towards others.</p>	<p>Children will learn how to carry out basic first aid for injuries such as burns, scalds, bleeds etc. and that someone with a head injury should not be moved. They will learn about the importance of staying calm in an emergency and when it is appropriate to use first aid as well as the importance of seeking adult help.</p>	<p>Children will think about the types of relationships people have in their lives and how they communicate including the use of the internet for communication. They will consider the risks in relation to friendships and keeping safe and how knowing someone online is different from knowing someone face to face. They will learn about the types of</p>	<p>Children will learn how drugs common to everyday life (including smoking, alcohol and caffeine) can affect health and wellbeing and that other drugs are illegal. They will think about how the laws surrounding the use of drugs protect them and others and why people choose to use or not use different drugs. They will learn how people can prevent or reduce the</p>	<p>Children will learn that there is a range of different jobs and about the skills, attributes, qualifications and training needed for different jobs. They will look at the different ways into jobs including college, universities and apprenticeships. They will think about how people choose a career/job and how to challenge stereotypes</p>

		content that is safe to share online and ways of seeking and giving consent before personal information is shared with family of friends. They will learn how to respond if a friendship is making them uncomfortable and how to ask for help or advice.	risks associated with drugs and that for some people drug use is a habit which is hard to break. They will understand that there is support available to help people with drug use and how to ask for help from a trusted adult if they have concerns about drugs.	about the types of jobs people can do. They will then think about how they might choose a career/job for themselves when they are older.
Community learning	Democracy – Cycle A Children will improve an area of school by holding a review and creating a plan. They will create different teams to find opinions from children across the school and devise an improvement plan to be submitted to SLT. They must work as a democracy and ensure their plan reflects the views of the school as a whole.			
	Money matters – Cycle B Children will learn about the origins of money and its function in society. They will learn about saving and spending and how to become a smart consumer. They will put together a money matters booklet for children their age.			

Year 6

How can we keep healthy as we grow?	How can the media influence people?	What will change as we become more independent? How do friendships change as we grow?
Children will learn how mental and physical health are linked and how positive friendship groups and activities can support health and wellbeing. They will think about how to make choices that support a healthy lifestyle including	Children will look at how the media can affect people's wellbeing and that mixed messages in the media exist and these can influence opinions and decisions. They will learn that not everything should be shared on social media and that there	Children will learn that people have different kinds of relationships in their lives including romantic or intimate relationships and that people who are attracted to and love each other can be of any gender, ethnicity or faith. They will

<ul style="list-style-type: none"> • Healthy meals • Staying physically active • Maintaining good dental health • Staying safe in the sun • Balancing online activities with other activities • Getting enough sleep • Managing the influence of friends and family on health choices <p>They will also think about how to break unhealthy habits and take up healthy habits as well as how legal and illegal drugs can affect health. They will learn how to recognise early signs of physical or mental ill-health and what to do about this. They will look at how health problems can build up if they are not managed early on and how to seek help in and outside of school. Looking at mental health they will recognise that anyone can experience mental health difficulties and they can usually be resolved or managed with the right strategies and support.</p>	<p>are rules about this including the distribution of images. They will look at how text and images can be manipulated and learn how to evaluate the reliability of different types of online content and media. They will also look at how information is ranked, selected and targeted to meet the interests of individuals and groups and how to make decisions about the content they view online and know it is age appropriate. Children will learn how to respond to and report information viewed online which is upsetting or untrue.</p>	<p>think about the way couples care for one another and that adults can choose to be part of a committed relationship or not including that forcing someone to marry against their will is a crime.</p> <p>Children will learn how puberty relates to growing from childhood to adulthood and about the reproductive organs and process. They will think about how growing up and becoming more independent comes with increased responsibilities as well as increased opportunities and that friendships may change as they grow. Before moving onto secondary school they will learn how to manage change and how to ask for support and advice regarding growing up and changing.</p>
<p>Community learning</p>	<p>Democracy – Cycle A Children will improve an area of school by holding a review and creating a plan. They will create different teams to find opinions from children across the school and devise an improvement plan to be submitted to SLT. They must work as a democracy and ensure their plan reflects the views of the school as a whole.</p> <p>Money matters – Cycle B Children will learn about the origins of money and its function in society. They will learn about saving and spending and how to become a smart consumer. They will put together a money matters booklet for children their age.</p>	