



PSHE at the Federation of Kirkby Malzeard & St Nicholas CE Primary Schools



Why is PSHE so important?

PSHE education gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe and to prepare them for life and work in modern Britain.

Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future.

These skills and attributes help pupils to stay healthy, safe and prepare them for life and work in modern Britain. When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life.

Follow the link below to see 'During the next 15 years I am going to...'

<https://www.pshe-association.org.uk/system/files/During%20the%20next%2015%20years%20I%20am%20going%20to.pdf.pdf>



Pupil Voice

- School Council
- School Ambassadors
- Reading Ambassadors
- Sports/Play Leaders
- Junior Action Group
- Worship Warriors
- Growing up in NY survey

Parental Engagement

Newsletters and the school website keep parents up to date with upcoming events as well as Instagram
Invite parents into school to discuss their careers
Policy Consultation eg RSE policy review
Workshops for parents eg online safety
Support for families via Early Help Service

Enrichment

All children have access to a fantastic variety of extra-curricular activities, educational visits and visitors throughout their time at school, including residential visits to Ingleborough and Carlton Lodge, weekly forest school sessions and much

Curriculum Provision

- Revised RSE Policy for 2021
- Mental Health Policy
- PSHE Leads working together to develop PHSE across the federation
- PSHE Association guidance enhanced with bespoke elements
- Use of Busy Bodies materials to support RSHE curriculum.

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High quality learning experiences

All aspects of the statutory National Curriculum are taught alongside many enrichment opportunities planned explicitly to support the needs of our children.

Focus Days and Themes

Some of our awareness days/week themes include...

Anti-bullying Week, Jeans for Genes, Children in Need, support for Food Banks, Mental Health Awareness Day, My Money Week, Fair Trade Fortnight, Walk to School Week, NSPCC Speak Out & Stay Safe, Junior Amnesty International...the list continues to grow!

Zones of Regulation

Provides opportunities for pupils to understand and communicate their feelings at school, home and in any situation.
Updated November 2021

Pastoral Support

- Designated PHSE leads at both schools
- All staff Compass Buzz trained
- Designated pastoral support workers based at both schools providing check-ins, meet & greets, direct work with children, etc.

Behaviour and School Values

Take a look at our Behaviour Blueprint...

Be safe, Be Respectful, Be Ready

- Restorative Practice
- Recognition
- Visual adult consistencies
- Relentless Routines
- Scripted Intervention

Staff Wellbeing

- Check-in opportunities
- Well-being buddies across the federation
- Governing body surveys



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Our curriculum map is based upon the PSHE Programme of Study, produced by the PSHE Association, which uses a thematic model.

There are three core themes within the programme of study, within which there will be broad overlap and flexibility:

1. Relationships
2. Living in the wider world
3. Health and wellbeing

Our Christian Values of kindness, love, patience and peace are woven through our PHSE curriculum during every lesson, along with half-termly focus on our 'Golden Threads': Good communicators, Being Creative, Lifelong Readers, Being Curious, Understanding and embracing the wider world and Being spiritually, mentally and physically healthy.

Our Zones of Regulation approach is used in partnership with PHSE teaching to support our pupils to understand and communicate their feelings confidently.

The curriculum map below shows an outline of the programme coverage, delivered in two year group sessions.

Black writing indicates the PSHE association curriculum

Red writing is the bespoke elements included by school to reflect our local context.

Purple writing is the Digital Literacy strand of our Computing curriculum, which is taught through our PSHE.



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EVENTS AND WORKSHOPS	Autumn: RELATIONSHIPS			Spring: LIVING IN THE WIDER WORLD			Summer: HEALTH AND WELLBEING		
	Good Communicators	Be Creative		Life-long Readers	Be Curious		Understand and embrace the wider world	Be spiritually, mentally and physically healthy	
	Jeans for Genes 13 – 19 September Harvest Festival Remembrance Day 11 November Children in Need World Kindness Day 13 November International Day of Tolerance 16 November Human Rights Day 10 December Community Action Project Launch Fire Service Visit (for both Key Stages) Introductory workshop for parents re online safety			Martin Luther King Day 17 January Chinese New Year 1 February Children's Mental Health Awareness Week 7-13 February Internet Safety Day 8 February Fairtrade Fortnight 21 February - 6 March International Women's Day 8 March World Water Day 22 March Global Money Week 21 – 27 March British Science Week 11 – 20 March World Autism Awareness Day 2 April British Values and Prejudice Workshop			Earth Day 22 April Mental Health Awareness Week 9 – 15 May Walk to School Week 16 – 20 May My Money Week 14 – 18 June School Diversity Week 20 – 24 June International Mandela Day 18 July Water Safety First Aid Training Transition events/Leavers' Service		
	FAMILIES AND FRIENDSHIPS	SAFE RELATIONSHIPS	RESPECTING OURSELVES & OTHERS	BELONGING TO A COMMUNITY	MEDIA LITERACY & DIGITAL RESILIENCE	MONEY AND WORK	PHYSICAL HEALTH & MENTAL WELLBEING	GROWING AND CHANGING	KEEPING SAFE
	PCSO visit re stranger danger	NSPCC Speak Out & Stay Safe Programme	Anti-Bullying Week 15 – 19 November	Community Action Project	PCSO re online safety and cybercrime workshop	Enrichment visitors linked to careers	Child-led online safety workshop	GUNY Survey (bi-annual)	Road Safety/ Bikeability with PCSO visit
Y1	Roles of different people; families; feeling cared for Positive online relationships Who can help	Recognising privacy; staying safe; seeking permission	How behaviour affects others; being polite and respectful	What rules are; caring for others' needs; looking after the environment British Values Community links/church	Using the internet and digital devices; communicating online Cyber crime Who can help us stay safe online	Strengths and interests; jobs in the community	Keeping healthy; food and exercise, hygiene routines; sun safety Managing online life (screen time)	Recognising what makes them unique and special; feelings; managing when things go wrong Naming body parts (see RSE Policy)	How rules and age restrictions help us; keeping safe online



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	us stay safe on line – KAPOW1 SCARF – sharing pictures				KAPOW lesson 2,3,4				
Y2	Making friends; feeling lonely and getting help Positive online relationships Who can help us stay safe on line – KAPOW1 (repeat) SCARF YR2 Playing games Jessie and friends – you tube Episodes 1/2/3	Managing secrets; resisting pressure and getting help; recognising hurtful behaviour	Recognising things in common and differences; playing and working cooperatively; sharing opinions	Belonging to a group; roles & responsibilities; being the same & different in the community British Values Community links/church	The internet in everyday life; online content and information Cyber crime KAPOW YR2 Lessons 1-5	What money is; needs and wants; looking after money	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
Y3	What makes a family; features of family life Positive online relationships – SCARF Y3 Relationship Tree	Personal boundaries; safely responding to others; the impact of hurtful behaviour	Recognising respectful behaviour; the importance of self-respect; courtesy and being polite Autism Awareness	The value of rules and laws; rights, freedoms and responsibilities British Values Parliament Visit	How the internet is used; assessing information online Cybercrime – PCSO SCARF Y3 super searcher Y3 None of your business	Different jobs and skills; job stereotypes; setting personal goals Why is school important? Careers	Health choices and habits; what affects feelings; expressing feelings Managing online life - SCARF Y3 Recount Task	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
Y4	Positive friendships, including online	Responding to hurtful behaviour; managing confidentiality;	Respecting differences and similarities;	What makes a community; shared responsibilities	How data/information is shared and used	Making decisions about money; using and keeping money	Maintaining a balanced lifestyle; oral hygiene and	Physical and emotional changes in puberty; external genitalia;	Medicines and household products;



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		recognising risks online	discussing difference sensitively Autism Awareness	British Values Parliament Visit	Cybercrime – PCSO SCARF Y4 Picture Wise Y4 This is such a stereotype	safe Why is school important? Careers	dental care Managing online life SCARF Y4 – In the news Y4 The Raisin challenge	personal hygiene routines; support with puberty	drugs common to everyday life
Y5	Managing friendships and peer influence Positive online relationships – SCARF Y5 Spot Bullying	Physical contact and feeling safe Domestic Abuse	Responding respectfully to a wide range of people; recognising prejudice and discrimination Sexuality & Gender Identity, homophobia Body image	Protecting the environment; compassion towards others British Values Community Action Project led by Y5/6	How information online is targeted; different media types, their role and impact Cybercrime – PCSO SCARF Y5 Star qualities Y5 Fact or opinion?	Identifying job interests and aspirations; what influences career choices; workplace stereotypes Why is school important? Careers Fair	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies Managing online life – SCARF Y5 Communication Y5 Play, like, share	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies, first aid and FGM Crucial Crew
Y6	Attraction to others; romantic relationships; civil partnership and marriage	Recognising and managing pressure; consent in different situations	Expressing opinions and respecting other points of view, inc discussing topical issues Sexuality & gender identity Homophobia Body image/shaming	Valuing diversity; challenging discrimination & stereotypes Racial abuse/homophobia Community Action Project led by Y5/6	Evaluating media sources; sharing things online Cyber crime SCARF Y6 It's a puzzle Y6 Think before you click Y6 Traffic Lights Y6 Two sides to every story Y6 To share or not share?	Influences and attitudes to money; money and financial risks Why is school important? Careers Fair	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online Managing online life – SCARF Y6 Fakebook Friends Y6 I Look great!	Human reproduction and birth (also in Y5 depending on cohort – see RSE policy); increasing independence; managing transition	Keeping personal info safe; regulations and choices; drug use and the law/the media County Lines & cuckooing Crucial Crew



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Citizenship and Pupil Voice Opportunities:

School Council
Sports Crew/Play Leaders
Librarians/Reading Ambassadors
Worship Warriors/Collective Worship Ambassadors
Junior Action Group (Amnesty International)
Wellbeing Champions x 2 per school
Behaviour Champion
Growing Up in North Yorkshire Survey (bi-annual)
Pupil Voice surveys

Nurture/Pastoral Care:

Becky Wolfe/Gaynor Martin (KM)
Leonie Mandelson/Nikola Johnson (SNWT)
Compass Buzz trained staff (all L1-3/DDSL 1-4)

Community Links/Extra-curricular:

JAM Team (St Nicholas/RLD Methodist Circuit)
Monthly Family Service @ St Nicholas
Neville Trust, Well (SNWT)
Gardening Club (KM)
Art Club (KM)
Cookery Club
Sports Club
West Tanfield Tennis/Bowls Club
Jennyruth Workshop/Walled Garden
Ripon Toy Library
Tour de Tanfield Committee
Police Community Support Officers
Ripon Fire Service