



PSHRE

Personal, Social, Health and Relationships Education

As you may know, our PSHRE curriculum here at St Peter's is based around the resources that Inside Out have designed. Just like we need 5 fruit and vegetables to maintain our physical health, we need the 5 Keys to maintain our mental health (www.theinsideout.org.uk). Each term we focus on a different Key. In addition to our lessons around our Key we will also have lessons throughout the year that focus on something specific, for example internet safety. Please see below for what your child is doing this term in PSHRE.

INSIDE OUT



5 KEYS TO HAPPINESS

An evidence-based framework to improve wellbeing.



1 / LOOK INSIDE

Inspire self reflection, focusing, being quiet, self calming



2 / MOVE OUTSIDE

Promote non-competitive outdoor exercise



3 / SHARE MORE

Encourage connection, teamwork and communication



4 / BE CURIOUS

Stimulate growth mindsets, exploration, experimentation and making



5 / BE KIND

Support an attitude of caring for oneself, others and the environment

PSHRE in Term 2

November and December 2022

This Term our focus key is Look Inside, which is all about self reflection, focusing, being quiet, and self calming. We will be exploring different emotions (using weather to help represent them), what physical feelings we might have when we are feeling a certain way, some self-care techniques to support any 'stormy' feelings and who we can talk to to help us feel better.

We also have two weeks focussing on Anti-Bullying (beginning on the week commencing 14th November). We will be having an Odd Socks Day on Monday 14th November! This year the theme is "Reach Out". During these weeks we will be thinking about what the term 'bullying' means, how it might make people feel and what we can do to help others or ourselves.

We are also having a week on the theme "Speak Out, Stay Safe", based around NSPCC's resources. During this week we will be exploring scenarios that might make the children feel uncomfortable or unsafe (for example, if a stranger approached them) and what they should do in those instances to feel safer.

If you have any questions, please speak to your child's class teacher or Mrs Houghton who is the PSHRE lead.



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