



ST PETER'S CHURCH OF ENGLAND PRIMARY SCHOOL

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 Oak Class Term 6

June and July 2024

This term our focus key is Be Kind, which is all about supporting an attitude of caring for oneself, others and the environment. We will be considering how small acts of kindness can change the world and will think of ideas for how we can be Kindness Champions! We will discuss the importance of rest and sleep in the context of self-respect - looking after ourselves in our daily lives. It will be interesting to see what children's perspectives are as to how much sleep is needed! Continuing our focus on building resilience, we will be listening to a story called 'It's okay to make mistakes'. Another important aspect of caring for oneself is healthy eating. We will discuss the different aspects of a healthy diet and its impact on our physical and mental health. Following on from this, we will focus on personal hygiene and healthy habits. We will be thinking about how looking after our bodies and our health helps us feel good and prevents illness.

As part of Be Safe Week, children will be thinking about the people who help them to stay safe and healthy. We will be discussing why it's important to ask for help as well as how and when they can get help. We will discuss making good choices to keep ourselves safe. Together, we will suggest some rules for keeping safe at home, when online, when travelling (e.g. roads and strangers) and in the hot sunny weather.

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