



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 4

February and March 2024

This Term our focus key is Share More, which is all about encouraging connection, teamwork and communication. We will be considering the characteristics of healthy friendships. Thinking about our families, the children will be considering why families are important. As part of this we will celebrate the differences of each family, recognising that each family is unique. Following on from this we will be discussing and thinking of examples of how to show respect to others, recognising that respect is a key feature of healthy, positive relationships. We will consider ideas for how to solve disagreements in relationships and also what to do if a relationship is unhealthy. Finally, as a way of considering the benefits of family and friends and how these relationships make us feel, we will be focusing on gratitude, thinking of ideas to show our family and friends how much we appreciate them.

We will also spend some time learning about basic first aid. In particular, we will learn about how to get help in emergency situations such as dialling 999.

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