



## 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](http://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 talking about how we feel and learning that we are each a valuable individual.

We also have two weeks focussing on Anti-Bullying (beginning on the week commencing 14<sup>th</sup> November). We will be having an Odd Socks Day on Monday 14<sup>th</sup> November! This year the theme is "Reach Out". During these weeks we will be remembering our class rules and why they are important, talking about ways to resolve conflict and learning to consider things from someone else's perspective.

We are also having a week on the theme "Speak Out, Stay Safe", based around NSPCC's resources. During this week we will be talking about who we can talk to if we feel upset, uncomfortable or unsafe.

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