

PSHE at St Andrew's

Our aims for pupils at the end of KS2

- Children are confident and resilient learners who express their thoughts and feelings clearly and respect those of others. They are ready for the challenge of KS3.
- Children can identify and maintain healthy and happy friendships and know what to do if there are problems with their friendships
- They know the importance of families and that they are all characterised by love.
- They know how to take care of their physical health and the potential consequences of not doing so.
- They know the importance of taking care of their mental health and have strategies to use when they are struggling.
- They know the importance of showing respect in online relationships and how to take care of themselves online.
- They know the physical and emotional changes associated with puberty.
- They understand and celebrate diversity within our school community.
- They are familiar with the British values of democracy, rule of law, mutual respect, individual liberty and tolerance.

How the curriculum is organised

Each half-term each Year group focuses on the same theme. The themes throughout the year are family and friends, physical and mental health, keeping safe and growing and changing. We also study British Values for one lesson each half-term.

Children's Mental Health Week

An assembly was held to talk about the importance of Children's Mental Health week and introduce the theme. Activities this year were based around Inside Out 2 and we looked at clips from the film to identify which emotions children may experience and when they may experience these. We discussed the support available in school for the children and the importance of sharing their feelings.

We held a competition as part of our activities for the week where the children were invited to design a new character based on an emotion, draw the character and suggest when you might feel this emotion. We had a huge number of entries and a winner from each key stage was chosen by the Wellbeing buddies.

From our OFSTED report

What the children learn in their PSHE lessons can be applied in a wide range of situations outside the classroom. We try to prepare the children to become more independent and resilient and know how to have healthy relationships. We were very pleased with what our recent OFSTED inspection reported.

The school's exceptional approach to fostering pupils' personal development helps them to develop into respectful and responsible citizens. Pupils know how to behave appropriately and how to keep themselves safe online. The school ensures that pupils keep physically healthy and mentally well. Pupils demonstrate a clear understanding of how the law is there to protect people with different characteristics. They understand fundamental British values. Older pupils are also able to discuss what life may be like in countries where such values are not recognised. Pupils demonstrate a deep understanding of other faiths and cultures. The school provides opportunities for pupils to learn about the importance of tolerance within the community and the wider world. Pupils are extremely well prepared for life beyond school.

Examples of PSHE work from KS2

Thursday 13th February 2025
 The British Values Rule of Law: What happens when you break the law?

Consequences

Rules	Law
verbal warning	police involvement
grounded	appearing in court
detention	a ticket
missing out	time in jail
removed from activity	a fine
time out	probation

Why is it important that we have rules?

So the world is a safer place to live in and so that people are nicer to one another. If we didn't have rules it wouldn't be fair or a safe place. If the rules weren't there people could get hurt and not have any rights. We need to keep our home a nice place to live and a safe place to live.

Thursday 3rd October 2024
 2.5: to know what to do when friendships go wrong

Alfie's best friend Sam moves away to a new school. Alfie feels like he is always on his own at break time now and has nobody to chat to.

I would talk to Alfie and make sure he is okay and because he is sad I would play with him and maybe we could call Sam and see if he is okay at his new school.

Summer and Daisy fall out over who is on in a game during break. Daisy calls Summer a rude name and Summer runs off crying.

I would make sure Daisy is okay and go to Daisy and ask her to ~~apologise~~ ^{apologise} to Summer and I would make sure Summer forgives her and hopefully they would be friends again. I would also volunteer to be on and make sure they don't fight again.

On the class group chat, Evan's best friend sends a photo of him with a silly filter, which he doesn't like and everyone is laughing.

I would not laugh at the photo, I would tell the whole group chat to apologise to Evan and delete the mean photo straight away and never send a mean photo of anyone ever again because it is rude and don't laugh at anyone ~~anyways~~ anytime because it can hurt their feelings and really make them sad.

It's Monday morning and all Heather's friends are speaking about a trip to the Trafford Centre they went on together at the weekend. Nobody invited Heather.

I would say say to the girls that ~~went~~ went to the Trafford Centre that maybe you should invite Heather next time and if that it was an accident me and Heather forgive you then I would ask Heather if she wants to go to the Trafford Centre with me and comfort her to make sure that she is okay.

Item	Nutrition information	Alternative	Why is it healthier?
	Saturated fat 41% of RI Salt 51% RI	 Salt 20% RI	Saturated fat 6% RI
	Fat 24% RI	 Fat 0% RI	
	Sugar 47% RI	 Sugar 0% RI	
	Sugar 54% RI	 Sugar 6% RI 18%	
	Salt 38% RI	 Salt 12% RI	
	Fat 24% RI	 Fat 0% RI	
	Sugar 64% RI	 Sugar 24% RI	
	Fat 20% RI	 Fat 7% RI	

allergy

A food allergy is when our immune system has an extreme reaction to eating a particular food.

- Some food allergies can be dangerous.
- Some symptoms of a food allergy are:
 - itching
 - hives
 - difficulty breathing or swallowing

People with a food allergy must be careful to avoid that food to stay safe and feel well.

The most common food allergies are:

- Milk
- Nuts
- Eggs
- Fish (especially shellfish)
- Gluten

An allergic reaction can: -

- Make your eyes water
- cause a rash
- Make you sneeze