



# **PSHE Workshop**

Tuesday 28<sup>th</sup> February



# Aims of the session

- What is PSHE?
- What are the PSHE skills?
  - How is this taught across the school?
- What parents can do to support the teaching of PSHE



# What is PSHE?

*All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.*

(DfE, 2013)

Department for Education (2013) states:

*Every state-funded school must offer a curriculum which is balanced and broadly based and which:*

- promotes spiritual, moral, cultural, mental and physical development of pupils*
- prepares pupils at the school for the opportunities, responsibilities and experiences of later life*



# **Dundonald Primary School's Mission Statement 2016**

Our school community will provide a caring, safe and supportive environment where everyone is encouraged to be creative, challenged and happy in their work and play, and where UNICEF Rights are respected and valued by all.



# Vision Statement

By 2019/20, we will have been successful in:

- Striving for excellence
- Developing and nurturing the whole child
- Securing positive relationships within the school community with a strong sense of responsibility to each other and to the wider world



# PSHE Skills

## Social and Emotional Aspects of Learning (SEAL)

- Self-awareness
  - Managing feelings
    - Motivation
    - Empathy
    - Social skills
- Personal
- Interpersonal



# How is PSHE taught at Dundonald?

Implicitly and explicitly:

- PSHE lessons
  - Assemblies
  - Early work
  - Pupil voice
- Rights Respecting School
  - Cross Curricular
- Growth mind-set ethos
- Worry box in each class



# SEAL Themes

- New Beginnings
- Say No To Bullying
- Getting On and Falling out
  - Good To Be Me
  - Going For Goals
    - Changes





# New Beginnings

- New academic year
  - Clear expectations
- Adapting to a new Year Group

Motivation

Social Skills

Managing feelings



# Say No to Bullying

- Anti-Bullying Week
- Throughout the year (ethos of the school)
- Realistic scenarios based on specific Year Group/class

Self-Awareness

Empathy



# BULLYING

**S**everal

**T**imes

**O**n

**P**urpose

This is the definition for bullying and has to be on purpose, hurtful and several times.



This is an example of physical and verbal bullying because Gabe (the bully) is doing it on intentionally and it's hurtful. In this freeze frame Gabe is pulling Serena's hair and saying "your hair colour is so weird and unusual!" and In the background Saffron(the watcher) is watching but pretending she's doing her hair and thinking "I won't get into trouble for watching." However she will for being a bystander. Instead of watching she should go and tell a teacher. Samir and Luca (the encouragers) shouldn't be laughing and encouraging the bully they should be trying to stop Gabe and help Serena. Also Serena should tell a teacher even though she's scared she will get into trouble but she won't. ❤️

# RUDENESS



This is an example of rudeness. This is when someone hurts your feelings unintentionally but it's a one off. Then the boys realised that the girls were upset and they wanted to play. So they said sorry and they invited them to play. If they don't say sorry tell a teacher that you trust and they will sort it out.

# A freeze frame to show kindness



This is to show kindness and how kindness can put a smile on people's face. Just one act of kindness can change someone's day and yours. The speech bubble's that glow represent kindness. Kindness is when somebody is kind and makes somebody happy. Kindness is a ripple effect and if your kind to somebody they will be kind to another person and so on in till it gets back to you.



# Getting On and Falling Out

- Part of friendship
- Ok not to get on all the time
  - Managing feelings
- Ways to deal with emotions

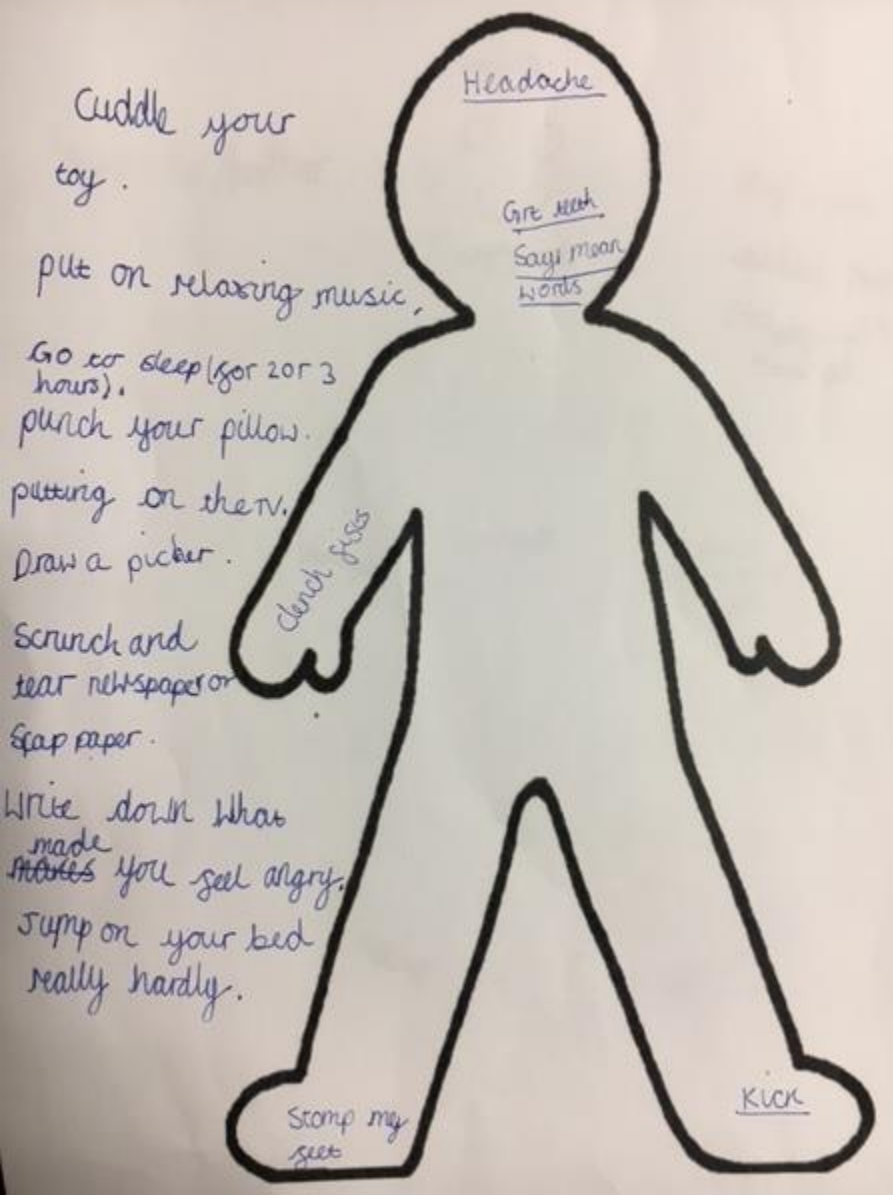
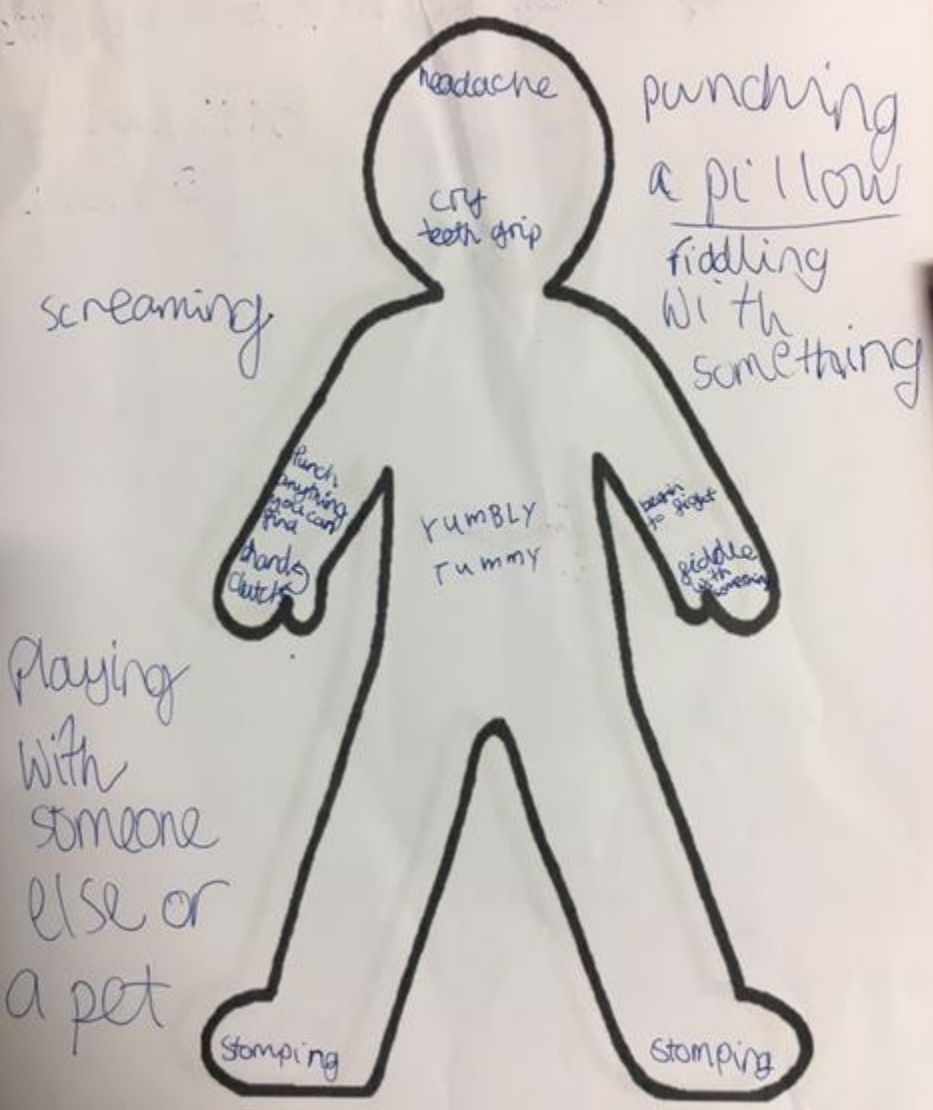
Self-awareness

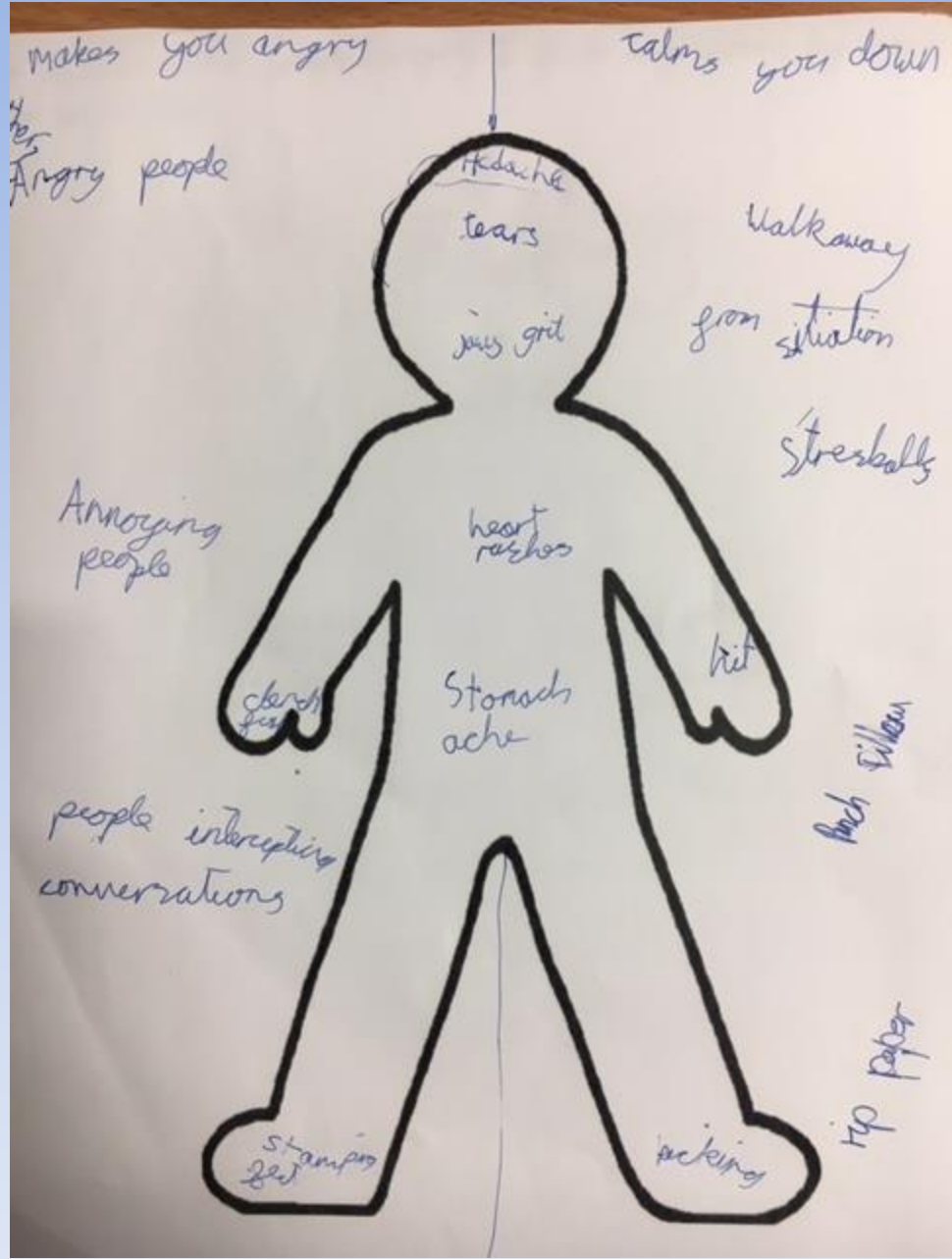
Managing feelings

Motivation

Empathy

Social skills









# Good to be Me

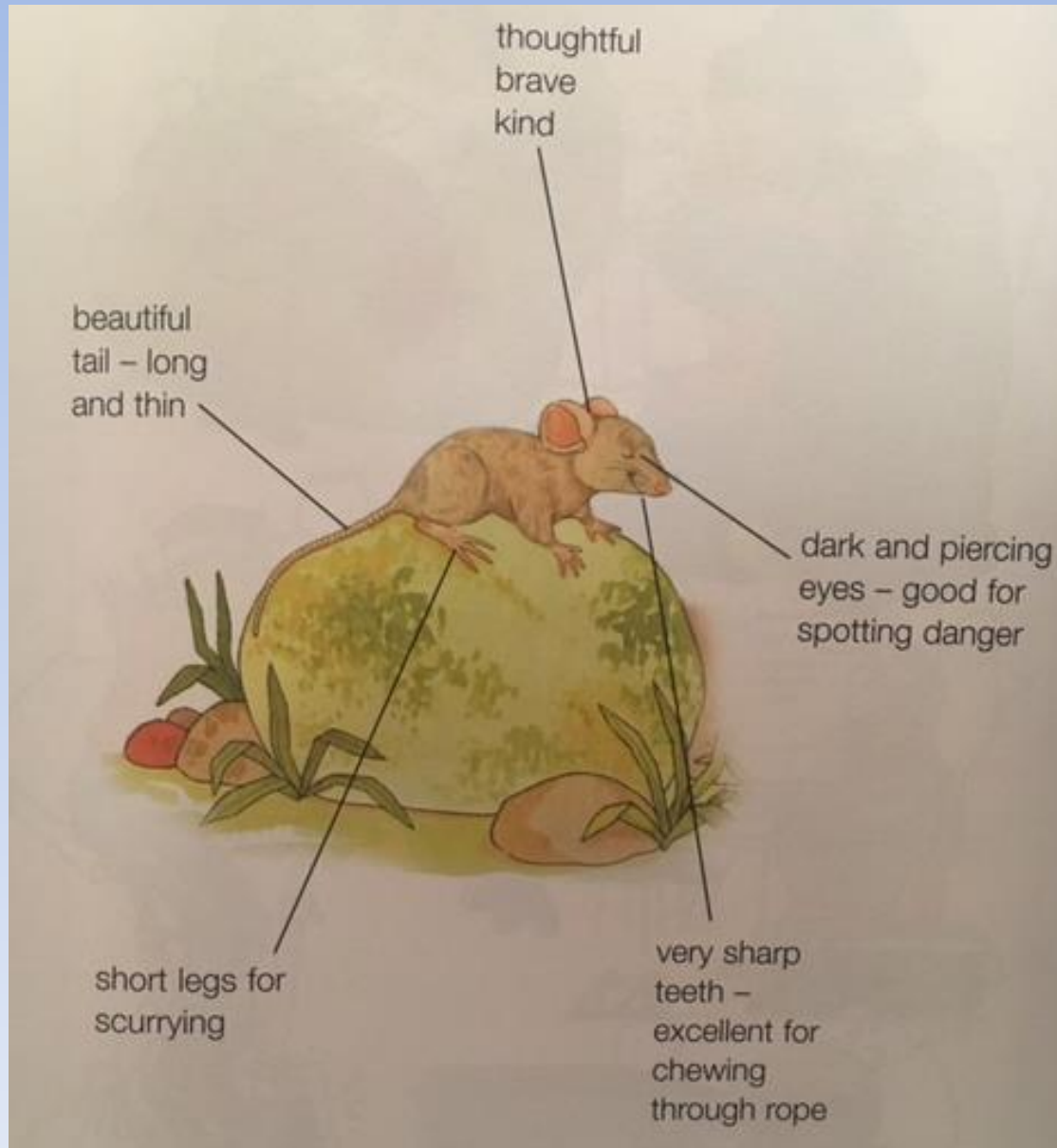
- Self-esteem
- Confidence
- Growth mindset
- Voicing opinions

Empathy

Self-Awareness

Managing feelings

# Year 2 – Celebrating our differences





# Going for Goals

- Self-awareness
- Understanding our motivation
  - How we learn
  - Steps to success

Self-awareness

Motivation



# Changes

- Positive and negative
- Transitions to next Year Group
- Changes to ourselves
- Includes Sex and Relationship Education (SRE)

Self-Awareness

Managing feeling

Social skills

Empathy



# How Parents Can Support:

- Encouraging speaking about feelings
  - Supportive environment
  - Clear lines of communication
- Modelling PSHE skills in themselves

Thank you