



Bishop Loveday C of E Primary School
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Dear Parents and Carers,

Bishop Loveday PSHE - Changes in the National Curriculum

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to manage their academic, personal and social lives in a positive way.'

Department for Education 2019

We believe that promoting the health and well-being of our pupils is an extremely important part of their education. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

From January, to prepare ourselves for the September 2020, National Curriculum statutory requirements, Bishop Loveday will be delivering the relationships education, relationships and sex education (RSE), and personal, social, health and economic education (PSHE) in our weekly lessons across the school.

We have designed our Termly lessons, using the SCARF (Safety, Caring, Achievement, Resilience, Friendship) resources to focus on the key PSHE and wellbeing units – see attached planning.

If you have any questions or queries, please contact your child's class teacher.

Yours sincerely

Jane Ridley
Headteacher



Year 1

Term	1	2	3	4	5	6
PSHE and Wellbeing Units	Keeping Myself Safe	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Being My Best	Growing and Changing
Key Themes	Managing risk Drugs and their risk Staying safe online	Cooperation Friendships	Recognising and respecting diversity Being respectful and tolerant	Skills we need to develop as we grow up Helping and being helped	Keeping myself healthy Celebrating and developing my skills	Relationships Menstruation Keeping safe

Year 2

Term	1	2	3	4	5	6
PSHE and Wellbeing Units	Keeping Myself Safe	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Being My Best	Growing and Changing
Key Themes	How our feelings can keep us safe Keeping healthy Medicine safety	Feelings Getting help Classroom rules	Recognising, valuing and celebrating difference Developing tolerance	Looking after things	Growth Mindset Keeping Healthy	Getting Help Becoming Independent Body Parts

Year 3

Term	1	2	3	4	5	6
PSHE and Wellbeing Units	Keeping Myself Safe	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Being My Best	Growing and Changing
Key Themes	Safe and unsafe secrets Appropriate touch Medicine safety	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Listening skills	Cooperating and self-regulation	Looking after my body Growth mindset	Life cycles Dealing with loss Being supportive



Year 4

Term	1	2	3	4	5	6
PSHE and Wellbeing Units	Keeping Myself Safe	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Being My Best	Growing and Changing
Key Themes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences	Recognising feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment	Body changes during puberty Managing difficult feelings Relationships including marriage

Year 5

Term	1	2	3	4	5	6
PSHE and Wellbeing Units	Keeping Myself Safe	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Being My Best	Growing and Changing
Key Themes	Managing risk, including staying safe online Norms around use of legal drugs (tobacco, alcohol)	Feelings Friendship skills, including compromise Assertive skills	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Rights and responsibilities Rights and responsibilities relating to my health Decisions about lending, borrowing and spending	Growing independence and taking responsibility Media awareness and safety	Managing difficult feelings Managing change Getting help

Year 6

Term	1	2	3	4	5	6
PSHE and Wellbeing Units	Keeping Myself Safe	Me and My Relationships	Valuing Difference	Rights and Responsibilities	Being My Best	Growing and Changing
Key Themes	Emotional needs Staying safe online Drugs: norms and risks (including the law)	Assertiveness Cooperation Safe/unsafe touches	Recognising and reflecting on prejudice-based bullying Understanding Bystander behaviour	Understanding media bias, including social media Caring: communities and the environment Earning and saving money	Aspirations and goal setting Managing risk	Keeping safe Body Image Self esteem



