

Core PSHE Themes

There are three core themes, teachers usually focus on one theme each term. Additionally teachers will adapt plans to suit the needs of the children and what is relevant in the world at the time.

Core theme 1: Health and Wellbeing

- Healthy Lifestyles
- Keeping Safe
- Growing and Changing



Core theme 2: Relationships

- Healthy Relationships
- Feelings and Emotions
- Valuing Difference.



Core theme 3: Living in the Wider World

- Rights and Responsibilities
- Taking Care of the Environment
- Money.

R-Time (from Early Years to Year 6)

R-time is are exciting, dynamic, fun-filled sessions. The emphasis is upon creating effective, respectful relationships by way of Random Pair work. R-time has been shown to improve behaviour, reduce bullying, raise self-esteem and accelerate learning.

R-time is a programme that enables children to learn the skills of making and sustaining friends and friendships.



For more information: <http://www.rtime.info/uk/index.php>

EXPECTATIONS

Children take part in a weekly PSHE lesson. include an additional

R-Time session. Children are expected to follow the school rules, especially during PSHE, with respect and tolerance to other people's beliefs.

WEBSITE

Our PSHE policy is on the school website. This is the policy that all teachers teach within.

HELP IS HERE!

See below for some useful websites

- [Cornwall Healthy Schools](#)
- [NSPCC](#)
- [BBC KS1](#)
- [BBC KS2](#)
- [PSHE Association](#)
- [Natwest—Money Sense](#)

Beacon

shine brightly

PSHE

(from Reception to Year 6)

Our aim is for pupils to develop their knowledge, skills and attributes they need to keep themselves healthy and safe, and prepare for life and work in modern Britain.

(PSHE Association 2018)



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