

PSHE Curriculum

Emotional and Mental Health Education, Relationship Education (including optional Sex Education), Drugs Education, Economic Education and Equality Education

Team 6

At Horn's Mill, children have access to a number of resources to ensure that their personal development needs are met. Teachers use these resources throughout the year to ensure that children's understanding of RSE, Equality and that growing independence is observed in their ability to look after their own well-being and mental health. Some concepts within MyHappyMind are re-visited each year. Children access open ended tasks and discussion at their developmental level at that time, and build on their skills and understanding each year.

The British Values themes are introduced at an age appropriate level in each class and embedded in the weekly Picture News assemblies.

Circle Time is a weekly activity in each class which provides further enhancement opportunities for personal development.

MyHappyMind – Mental Health Curriculum

Happy Breathing takes place in all year groups on a daily basis:

Module 1: Meet your Brain Children will learn:

- About a growth mindset and self-regulation techniques in times of stress.
- To reflect on their stress points as they relate to transitioning to Secondary school (as these are different for everyone) and work through strategies to cope with these scenarios.
- To train their brain and how it grows each time.
- About the links between their thoughts, feelings and actions and how the thoughts they have can influence how we act.
- About calming their amygdala when facing stressful thoughts or having a tough time.
- How to manage their emotions to move forward positively and learn that they can train their minds just like their bodies.
- How to re-frame scary challenges to become exciting opportunities.

Module 2: Celebrate: Children will learn:

- What their top strengths are based on completing an official survey which will rank their strengths from 1-24.
- More about what each of the 24 strengths means and how they help them each day.
- How to grow their strengths to help them transition and overcome challenges.
- How their character strengths have helped them get to this point in their lives and how these skills and strengths are transferable to the Secondary School environment

Module 3: Appreciate Children will learn:

- How gratitude can help them think about all they have in their lives to be thankful for.
- How to build their resilience by looking at when their bucket is full vs when their bucket is empty.
- How focussing on their appreciation around the strengths work they have done can remind them of what they DO have during times of stress.
- To establish a new perspective on how gratitude can help them to build resilience when they face tough times

Modules 4: Relate Children will learn:

- Relationship building powers i.e., how they go about making friendships today – what strengths they have here and what they can develop.
- How those skills are transferable to their upcoming changing environment.

- Strategies to manage friendships through change, transition and peer pressure by practising different communication strategies.
- Strategies for seeing different perspectives through role play.

Module 5: Engage Children will learn:

- How to set goals linked to transition, which they can work toward to help them feel more comfortable with what is ahead.
- How to recognise their concerns and define strategies to overcome them.
- How they can use their strengths to leverage the opportunities that they are excited about.
- How to create goals around leveraging and practising the tools they have learned as they progress through to high school.

End Point: I know what my strengths are and can give an explanation about how they can help me

MyHappyMind – Relationship Curriculum (Year 5 and 6)

Lesson 1 – Friendships on and offline

Explain how healthy friendships make them feel
 Explain what online bullying looks like
 Know where to go for help if something they have seen online upsets them

Lesson 2 – Friendships and Secrets

Explain what a safe secret is and what an unsafe secret is
 Describe when keeping secrets is not a sign of a good friendship
 Know where to go for help regarding secrets

Lesson 3 – Peer Pressure

Explain what peer pressure is
 Explain whether certain situations are peer pressure or not
 Respond appropriately when they feel they are being peer pressured by a friend

Lesson 4 – Identity and Respect

Define what makes them an individual
 Understand what makes others unique
 Explain why it is important to respect others individuality and differences

Lesson 5 – Discrimination and the Law

Define what discrimination is
 Understand that the law protects those that are commonly discriminated against
 Know what to do if they witness discrimination

Lesson 6 – Online Safety-Images

Recognise that they may sometimes feel pressurised to share their images online
 Know where to go for help if they need it
 Recognise the importance of protecting their own and others privacy online
 Know to speak to a trusted adult if they feel uncomfortable with images being shared online

Christopher Winter – Relationship and Sex Education

Horn’s Mill Governors have agreed that in addition to legal requirements, out of respect for some groups’ cultural beliefs, families will be given the informed opportunity to excuse their children from the lessons in red.

Lesson 1: Puberty and Reproduction

Learning Intention

To consider puberty and reproduction

Learning Outcomes

Describe how and why the body changes during puberty in preparation for reproduction
 Talk about puberty and reproduction with confidence

Lesson 2: Communication in Relationships

Learning Intention

Exploring the importance of communication and respect in relationships

Learning Outcomes

Explain differences between healthy and unhealthy relationships
 Know that communication and permission seeking are important

Lesson 3: Families, Conception and Pregnancy

Learning Intention

To consider different ways people might start a family

Learning Outcomes

Describe the decisions that have to be made before having children
 Know some basic facts about conception and pregnancy

Lesson 4: Online Relationships

Learning Intention

To explore positive and negative ways of communicating in a relationship

Learning Outcomes

To have considered when it is appropriate to share personal/private information in a relationship
To know how and where to get support if an online relationship goes wrong

RSE Key Vocabulary

• Womb • Sperm • Egg • Conception • Fertilisation • Pregnancy • Sexual intercourse • Twins • Fostering • Adoption • Relationship • Friendship • Love • Consent • Intimacy

End Point: I can explain the physical and emotional changes that occur during puberty, with reference to the reproductive system.

No Outsiders – Equality Curriculum

These lessons are enhanced with a weekly assembly, using the No Outsiders theme.

"The Whisperer" Nick Butterworth *LO: To stand up to discrimination*

"The Thing" Simon Puttock *LO: To welcome difference and stand up to discrimination*

"Dreams of Freedom" Amnesty international *LO: To recognise my freedom*

"My Princess Boy" Cheryl Koldavis *LO: To promote diversity*

"The Island" Armin Greder *LO: To challenge the causes of racism*

"Love you Forever" Robert Munsch *LO: To consider how my life may change as I grow up*

"King of the Sky" Nicola Davis *LO: To responses to immigration*

"The Only Way is Badger" Stella J Jones and Carmen Saldana *LO: To consider language and freedom of speech*

"Leaf" Sandra Dieckmann *LO: To overcome fears about difference*

"Introducing Teddy" Jessica Walton and Dougal MacPherson *LO: To show acceptance*

"A Day in the Life of Marlon Bundo" Marlon Bundo and Jill Twiss *LO: To consider democracy*

Christopher Winter – Drugs and Alcohol

Lesson 1: Cannabis

Learning Intention

To understand the effects, risks and law relating to cannabis

Learning Outcomes

To know what effect Cannabis can have on your health and life
To know the legal consequences of using cannabis

Lesson 2: Volatile Substance Abuse and Getting Help

Learning Intention

To understand the risk of Volatile Substance Abuse (VSA)

Learning Outcomes

To know the risks and effects of VSA
To know how to get and give help

Lesson 3: Help, Advice and Support

Learning Intention

To be aware of the options for getting help, advice and support

Learning Outcomes

To have practised communication with adults
To know how to access help and support

End Point: I can talk about some of the risks around drugs and alcohol

Money and Me! – Finance Curriculum

https://schools.beano.com/lesson_plan_category/moneyandme/

Managing my Money

- **Challenge:** Demonstrate budgeting in practice and identify times we should spend, borrow or save.
- **More challenging:** Describe how we can budget and where we should spend, borrow or save.
- **Mega challenge:** Explain how people budget and why sometimes it is better to save money than to spend it.

How can I keep my money Safe?

- **Challenge:** Identify how our money can be at risk, both online and offline, as well as how we can do our best to keep it safe.
- **More challenging:** Describe the different ways our money can be at risk online and offline and how we can protect our money in a variety of different situations.
- **Mega challenge:** Explain in detail how we can avoid risk and keep our money safe.

What is Debt?

- **Challenge:** Identify how our money can be at risk, both online and offline, as well as how we can do our best to keep it safe.
- **More challenging:** Describe the different ways our money can be at risk online and offline and how we can protect our money in a variety of different situations.
- **Mega challenge:** Explain in detail how we can avoid risk and keep our money safe.

Ethical Spending

- **Challenge:** Identify what we mean by spending ethically and the different reasons why this is a good idea.
- **More challenging:** Describe what we mean by spending ethically, how we can do this and why it's a good idea.
- **Mega challenge:** Explain how and why we should consider ethical spending when making decisions and describe the positive consequences.

End Points – The teacher will design appropriate opportunities for the children to demonstrate:

End of EYFS

Year 1

Year 2

Year 3

Year 4

Year 5

Year 6

Health and Wellbeing	I can talk confidently about my brain	That our brain helps us to control our body, manage our emotions and help solve problems	I know how to keep my brain healthy	I know what character strengths are and how they make us unique and special	the benefits of neuroplasticity	I know how to make informed choices about health and wellbeing and to recognise sources of help	I know what my strengths are and can give an explanation about how they can help me
Relationships + Sex	I can give examples about how to be kind	I can draw and label basic parts of the human body	I can describe differences between male and females	I can talk about what privacy means.	I can talk about puberty as part of the human life cycle	I can talk about changes in puberty and explain how to keep by body clean	I can explain the physical and emotional changes that occur during puberty, with reference to the reproductive system.
Living In The Wider World	I can demonstrate that it is OK to like different things	Demonstrate kindness and respect towards themselves and others	I can give examples of things that are safe and unsafe in real life	To be able to give an example of stereotype and give views on this	I know what a healthy relationship looks like	Identify different ways we can all be successful with money and how can we use decisions wisely to make money grow	I can talk about some of the risks around drugs and alcohol