

Tuesday 13th September 2022

Dear Parents/Carers

PSHE Bulletin: Autumn 1

The knowledge covered in our PSHE is intended to help our children keep safe and make informed choices; as well to help them grow into responsible citizens. Over the past two and half years we have worked hard to develop this curriculum in order to meet the expectations of the new statutory PSHE curriculum that was put into place in September 2021.

We feel strongly that it is important that parents feel informed of the knowledge covered and are able to support children's questions and learning at home. There will be an opportunity for parents and carers to attend a meeting about the full PSHE curriculum coverage for the year at Weston Park Primary School on Tuesday 27th September from 2.30-3.00pm and 4.30-5.00pm in the KS2 Hall.

Our coverage for Autumn 1 is as follows:

Healthy Eating:

EYFS:

- *naming healthy foods and giving examples eg/ in our lunch box or in our school dinners
- *understanding and following hygienic routines such as washing our hands before snack time
- *describing eating plenty of fruit and vegetables as a healthy choice for the growth of our body
- *communicating our favourite foods and other interests helps to share our identity

KS1:

- identifying healthy foods and drinks that keep our bodies healthy
- recognising how a healthy body helps us have good mental wellbeing too
- describing what they are good at and setting personal goals

LKS2:

- understanding how to make choices in relation to healthy eating
- *describing what makes up a balanced diet
- recognising the opportunities that they have to make their own choices about food
- identifying what influences their choices about food

KS2:

- *identifying how to make informed choices that contribute to a 'balanced lifestyle'
- recognising different influences on food and diet
- developing the skills to help make their own choices about food
- *exploring how images in the media can distort reality and how this can affect how people feel about themselves
- *recognising different ways of achieving and celebrating personal goals
- describing how having high aspirations can support personal achievements

Internet Safety:

EYFS

*the importance of using the internet with adult supervision and how to ask for help

KS1:

*identifying rules for keeping safe online

*explain what they can say or do if they feel unsafe or think something is not safe online

LKS2:

*recognise why it is important not to share personal information online (such as passwords, where they live, private pictures of themselves or others)

recognise the sorts of images that are ok to photograph to share with others and what might not be appropriate

*recognise that an image (or text) might be shared to many people, even though it was only sent to one person

*identify who to tell and how to report it if they see something upsetting or something feels unsafe when online

UKS2:

*explain the types of personal information that should not be shared online and explain why this is important (e.g. passwords, bank card details, home addresses etc.)

*recognise that just because someone thinks a photograph or picture is nice or funny, someone else (including the person in the photograph) might not

* explain (in simple terms) that an image (or text) might be shared to many people, even though it was only sent to one person

* identify the impact that sharing an inappropriate image might have (on the person who shared it, the person in the image, their family and friends)

* explain how to respond if someone they don't know asks them to send an image of themselves or others or if someone wants them to send an inappropriate image

Please remember that the school websites have the full curriculum coverage for PSHE and our Relationships and Sex Education Policy is also available to read. If you have any questions about the knowledge covered please speak with the Head Teacher, Mr Wiltshire.

Your sincerely,

Andrea Abraham and Sarah Donohue
PSHE Leads