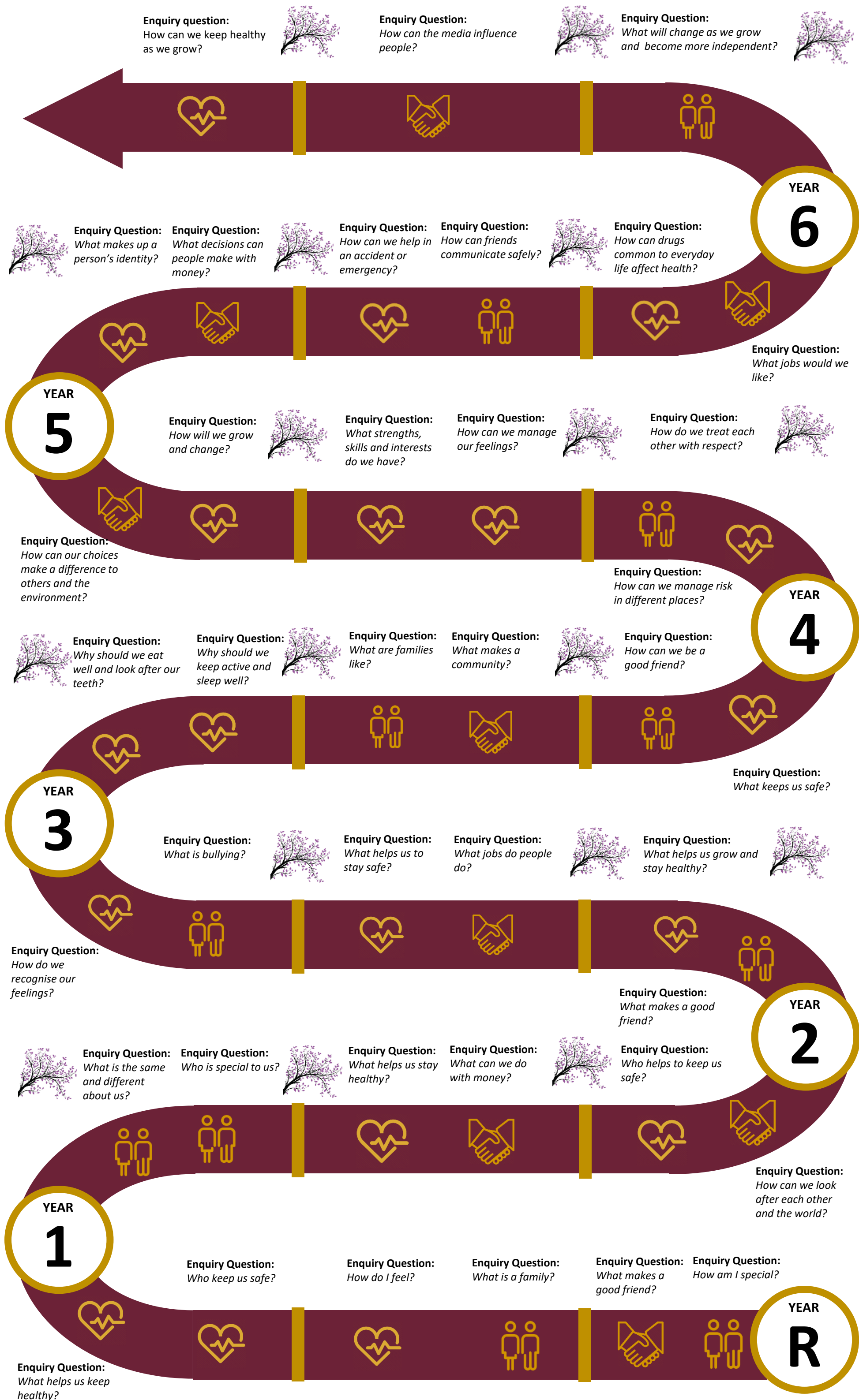




“Investing in yourself is the best investment you will ever make. It will not only improve your life, it will improve the lives of all those around you.” — **Robin Sharma**



**PSHE and SRE Core Concepts**

- Health and Wellbeing**  
Healthy lifestyles, mental health, ourselves, growing and changing, keeping safe, drugs, alcohol and tobacco.
- Relationships**  
Families and close positive relationships, friendships, managing hurtful behaviour and bullying, safe relationships and respecting self and others
- Living in the wider world**  
Shared responsibilities, communities, economic wellbeing (money, aspirations, work and career)

Taught through resources and planning within the PSHE Association Curriculum publications.

**Additional Diversity**

- Faith experiences (see RE planning)
- Black History Month (Autumn)
- Language and culture (See languages planning)
- Chinese New Year (EYFS, Spring term)

**Additional Online Safety**

- E-safety week (Spring)
- Internet Safety Assembly (Spring)
- Digital Leaders (ongoing)
- Posters around school

**Additional Mental Health**

- Pastoral Care (Daily)
- Negotiator schemes (Daily)
- Take 5 Breathing (Daily)
- Think Children Counselling (identified pupils)
- Anti-bullying week
- Nurture groups
- Mindfulness (club option)
- Yoga and meditation (EYFS)
- PENN Resilience
- Body Image Workshops
- Bespoke programmes (identified pupils)

**Additional Life Skills**

- Philosophy
- Inter and Intra-School competition (on going)
- Life Education Bus
- Friends in the community (club option)
- Talking Friends (EYFS)
- Lifesavers (club option)
- DARE
- MiniMedics
- Bikeability
- Childline Programme (bi-annual)
- Gardening (club option)
- Leadership responsibilities
- Apple week
- Animal care

**Progression of PSHE Concepts through philosophy:**



- Identity**
- Relationships**
- A healthy lifestyle**
- Risk and safety**
- Diversity and equality**
- Rights**
- Change**
- Power**
- Career**