



PSHE/RSE NEWSLETTER

ST BEDE'S PRIMARY
SCHOOL



SPRING TERM
2026

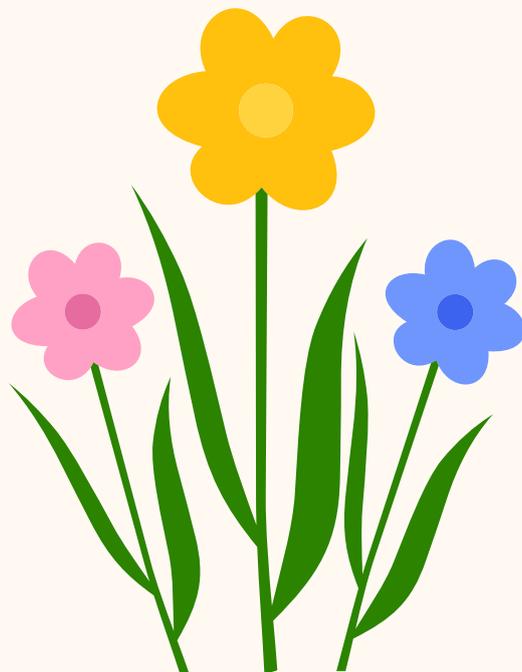
OUR AIMS

PERSONAL SOCIAL AND HEALTH EDUCATION AND RELIGIOUS AND SEX EDUCATION IS AN IMPORTANT PART OF OUR CURRICULUM. THROUGH CAREFULLY PLANNED LESSONS WE GIVE CHILDREN THE TOOLS TO MAKE INFORMED DECISIONS TO LEAD HEALTHY, SAFE AND FULFILLING LIVES. THIS IS UNDERPINNED BY OUR GOSPEL VALUES.

OUR CURRICULUM THIS TERM

EYFS	<p>We focused on the importance of the Bible and why the Bible is so special to Christians and then by acting out the Gospel account of Jesus washing His disciples' feet, we showed that He loves us and is a role model for us to copy in loving one another. Children will learn to resolve conflict and the importance of asking for forgiveness: that when we hurt others, we also hurt Jesus – but that Jesus teaches us how to forgive ourselves and others.</p>
KS1	<p>Children identified the 'special people' in their lives who they love and can trust. This developed onto learning to cope with various social situations and dilemmas, and the importance of saying sorry and forgiveness within relationships.</p> <p>We heard the story of the Prodigal Son story to show children that God loves us, and nothing we can do will stop Him from loving us.</p> <p>We know we experience joy and feelings in different places we go physically, and in the same way, we can feel joy and feel upset in the different places we go to digitally too. Focus is given to the importance of feeling safe on the inside, especially when using the internet. Through activities and the story of Smartie the Penguin, children will learn to recognise safe and unsafe situations online, and begin to develop an understanding that not everything presented to them online is true.</p>

LKS2	<p>We hear the parable of The Prodigal Son, showing that God loves us, and nothing we can do will stop Him from loving us. We learn about the importance of forgiveness in relationships.</p> <p>We look at different family structures, the importance of healthy relationships with family and friends and learn some strategies to use when relationships become difficult.</p> <p>We also use the excellent NSPCC resources, the PANTS programme helps children understand:</p> <ul style="list-style-type: none">• Their body belongs to them,• Their private parts are private,• They have the right to say no, <p>They should talk to a trusted adult if something worries them.</p>
UKS2	<p>This term, children explore the nature of God's call to love others. Children will study and reflect imaginatively on the story of Zacchaeus' conversion and explore ways in which they can hear God's call in their lives through a series of short sketches from presenters Zoe and Joey, We then focus on personal relationships focusing more complex experiences of relationships and conflict. This covers how to respond to spoken and unspoken pressure, the concept of consent and further teaching on how our thoughts and feelings have an impact on how we act. The concept of fairness is introduced. Pupils will consider what bullying, prejudice and discrimination are.</p>



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FUNDAMENTAL BRITISH VALUES

In a world that can sometimes feel uncertain or overwhelming, it's more important than ever that children feel grounded, supported, and confident in the values that help us live well together. At school, we continue to teach and model the Fundamental British Values: democracy, the rule of law, individual liberty, mutual respect, and tolerance of different faiths and beliefs, as part of our everyday practice.

These values act as a shared guide for understanding fairness, kindness, and responsibility. They help children make sense of the world around them, especially when they may be hearing about global events or changes that feel confusing.

British Values
Individual Liberty

- I make the right choices
- I take responsibility for my actions
- I understand the consequences of my actions
- I manage risks
- I know how to exercise my rights and freedoms in an appropriate way

British Values
Rule of Law

- I value and understand the importance of rules and laws
- I follow school rules and understand why there is a consequence if I do not
- I understand that everybody is responsible for rules and laws
- I know rules are there to protect me

British Values
Democracy

- I know I have a voice and my opinions will be heard
- I can listen carefully to others
- I know how to discuss an issue in a calm way and can show respect for others even if I disagree
- My vote counts

British Values
Mutual Respect and Tolerance

- I know my behaviour, actions and words can affect others
- I understand and respect that not everyone is the same as me and everyone needs to be treated as an individual
- I know that life is not the same for everyone
- I understand that people's faiths and beliefs are different, and I respect that

Our weekly Picture News assemblies help children to

- Understand and appreciate the experiences of others.
- Learn how to express their views safely and respectfully, knowing that their voice matters.
- Develop resilience, empathy, and critical thinking, skills that are especially important when the world feels unsettled.
- Understand the importance of respectful relationships and treating everyone with kindness, even when we have different opinions or beliefs.

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WHAT HAS BEEN IN THE NEWS?



Mutual Respect and Tolerance
The National Year of Reading encourages everyone to explore a wide range of texts. By sharing what we enjoy and listening to others, we can learn about different experiences and viewpoints. This helps us read and learn together with respect.

This story highlighted 2026 as the Year of Reading. We heard how children and adults are being encouraged to read a range of materials, like comics, magazines, online reading as well as books and understand that reading can open doors to new ideas.



Individual Liberty
The 1 Billion Acts of Kindness campaign shows how some individuals choose to use their influence to spread positive messages. People are free to express themselves, while also considering others when sharing their views.

In this story, influencers involved in the summit in Dubai discussed how their influence affects people around the world.

We had a really interesting discussion around how some influencers use their fame for positive actions and others who have a negative impact on their followers.

In this story, we heard how Mattel have released a new Barbie doll to represent people who have autism. The doll has loose clothing, noise cancelling head-phones, and was created with help from the autistic community.



The story was handled sensitively and during our assembly the children asked thoughtful questions, made connections to their own understanding of inclusion, and showed genuine curiosity and empathy as they discussed why representation in toys matters.

THESE ARE JUST A FEW OF OUR WEEKLY NEWS STORIES. ASK YOUR CHILD WHAT WE HAVE BEEN DISCUSSING EACH WEEK!

PSHE / RSE CURRICULUM

We are proud to use Ten:Ten as part of our PSHE and RSE curriculum —a Catholic resource rooted in Gospel values that supports children’s spiritual, emotional, and moral development. Through age-appropriate stories, films, and discussions, Ten:Ten helps children to explore topics such as relationships, self-worth, personal safety, and the dignity of every person, all within the context of our Catholic faith. By embedding this resource across the school, we ensure a consistent, values-led approach that nurtures children’s understanding of themselves, others, and God’s love for them, helping them grow into compassionate, confident individuals



MODULE 2

Module 2 is followed across the whole school:

Created to Love Others explores the individual’s relationship with others. Building on the understanding that we have been created out of love and for love, this module explores how we take this calling into our family, friendships and relationships, and teaches strategies for developing healthy relationships and keeping safe both online and in our daily lives.

This is developed and adapted to an age-appropriate level across school.



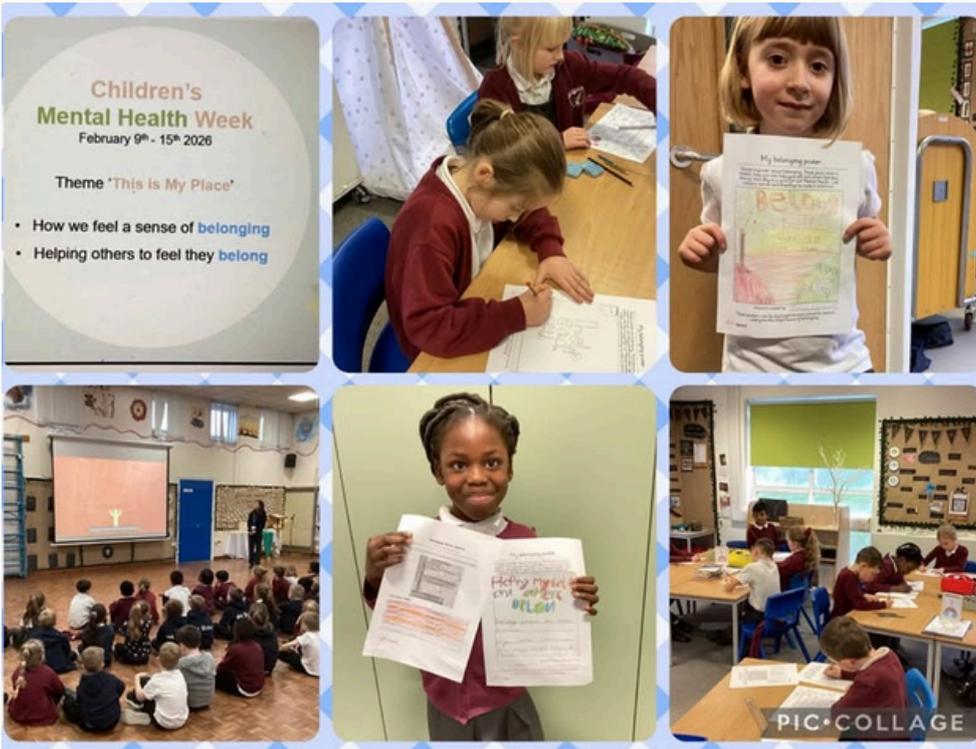
NOTABLE DATES AND EVENTS

MENTAL Health MATTERS

The
9th - 13th February was
Children's Mental Health
Week with the theme of
BELONGING

We explored how feeling that we belong is so important for our mental health. The children learned that belonging can help us feel confident, safe, proud, included, supported, connected and brave.

They shared the many places where they feel they belong – their families, friendship groups, football clubs, gymnastics, swimming, Rainbows, faith groups and more.



Welcomed
Valued
Included

In Y2 the children continued the theme by thinking about their own special places of belonging. They then created their own bright and thoughtful "This is My Place" posters, celebrating the people and groups that help them feel at home.

Our younger children in Reception also were involved!

They discussed a range of common feelings, such as happiness, sadness, anger, excitement, and worry. With support, they explored what each emotion means and talked about times when we might experience them.

The children then looked closely at facial expressions linked to these emotions. Using mirrors, pictures and role-play, they practised identifying how different feelings can look on someone's face. This helped them build early emotional literacy and recognise that our faces can give clues about how we feel inside.



MINI-POLICE SESSIONS

THROUGHOUT JANUARY ALL Y5 CHILDREN TOOK PART IN A SERIES OF WORKSHOPS LED BY DURHAM CONSTABULARY COMMUNITY POLICE OFFICERS.



During one particular session, the children learned all about crime investigation and explored some of the specialist methods used by the police, including the work of police dogs, IT teams and dispatcher call centres. The pupils were fascinated to discover how these different roles work together to keep communities safe. After the workshop, the children were tasked with collecting litter and observing the local area to identify any potential signs of crime, putting their PROTECT training into action.



Emotional Wellbeing

We are lucky to have the services of the mental health team from Darlington LA and sessions have been running across the term for different year groups.



This term, Year 2 began the first of four special workshops with Salome, designed to help children explore and understand their emotions.

They began by learning how different emotions show themselves in different ways in our bodies.

Children learned that feelings like worry, excitement, or nervousness often come with physical sensations—such as a fast heartbeat, shaky legs, or butterflies in the stomach—and that these responses are completely normal.

They discussed how different situations might make them feel and shared ideas about what helps them feel better, including deep breathing, exercise, and talking to someone they trust.

