PSHE/RSE NEWSLETTER

ST BEDE'S PRIMARY SCHOOL



AUTUMN TERM 2026

OUR AIMS

PERSONAL SOCIAL AND HEALTH EDUCTION 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	**Created and Loved by God** This term, children begin to understand that they are special and valued members of God's family. They learn about their feelings, relationships, healthy routines and the importance of kindness, sharing and caring for others. Through play and discussion, children develop confidence, self-awareness and an appreciation of the world around them. 
KS1	**Created and Loved by God** This term, children learn that God created each person with unique gifts and talents. They develop their understanding of physical and emotional wellbeing, healthy lifestyles and positive relationships. Pupils learn how to show respect, kindness and compassion towards others, understand the importance of keeping safe and begin to recognise their responsibilities within their school and community.

LKS2	**Created and Loved by Gody** This term, children deepen their understanding of what it means to be created in God's image. They learn how to care for their physical and mental wellbeing, build healthy friendships and celebrate diversity and difference. Pupils explore their place within society, develop an awareness of justice and fairness, and begin to understand the physical and emotional changes that are part of growing up. 
UKS2	**Created and Loved by God** This term, as children prepare for the transition to secondary school, they develop a deeper understanding of their identity, dignity and responsibilities as members of God's family. They learn about healthy and respectful relationships, personal safety, resilience and emotional wellbeing. Pupils explore how their choices affect themselves and others, develop financial responsibility and citizenship skills, and gain the confidence to navigate the challenges of adolescence with wisdom and integrity.



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WORKING TOGETHER TO MAKE A DIFFERENCE

At St Bede's, our PSHE and RSHE curriculum is rooted in the belief that every child is uniquely **created and loved by God**. Through our learning, children develop an understanding of their own worth and dignity, celebrate the uniqueness of others, and learn how to live healthy, safe and fulfilling lives. As they grow, pupils are encouraged to recognise God's love in themselves and in those around them, developing the knowledge, skills and values needed to flourish within their families, communities and the wider world.

Through the theme of **Created and Loved by God**, children learn to:

- Recognise their own value and dignity as children of God.
- Care for their physical, emotional and mental wellbeing.
- Build positive and respectful relationships.
- Celebrate diversity and respect differences.
- Keep themselves safe, both online and offline.
- Develop responsibility as members of their local and global communities.
- Use their gifts and talents to make a positive contribution to the world.

By the end of primary school, our pupils have developed a strong sense of self-worth, respect for others and an understanding that they are uniquely created and unconditionally loved by God

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AUTUMN TERM

SCHOOL COUNCIL

At St Bede's, we are creating a School Council. It will provide pupils with an opportunity to have a voice in school life and contribute to positive change within our community. It will help children develop leadership skills, responsibility, confidence and an understanding of democracy.

<u>What Does the School Council Do?</u>

The School Council acts as a link between pupils and school leaders. Representatives gather ideas from their classes and share them during meetings. They help to:



- Improve aspects of school life.
- Share pupils' views and opinions.
- Organise fundraising and charity events.
- Support environmental and community projects.
- Contribute to decisions about school initiatives and activities.
- Promote kindness, inclusion and respect throughout the school.

<u>What Are the Aims of the School Council?</u>

The School Council aims to:

- Ensure every pupil feels heard and valued.
- Encourage children to become active and responsible citizens.
- Develop confidence, communication and leadership skills.
- Promote teamwork and collaboration.
- Teach children about democracy and decision-making.
- Help pupils understand that they can make a positive difference in their school and wider community.

Through the School Council, children learn that their ideas matter and that, by working together, they can help make St Bede's an even better place to learn, grow and flourish.

Watch this space for School Council updates.