



# PSHE/RSE NEWSLETTER

ST BEDE'S PRIMARY  
SCHOOL



SPRING TERM

## OUR AIMS

The study of PSHE and RSE is a vital part of children's development and wider understanding of the world we live in. Within PSHE children will recognise that every individual is unique and made in the image and likeness of God. Through PSHE, children will gain the knowledge they need to make informed choices and therefore make positive contributions to the wider community.

## OUR CURRICULUM THIS TERM

EYFS	In EYFS we start the new term by discussing what a role model is and how Jesus is the first role model for us. 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. We are also looking forward to a visit from the school nurse to help us understand the importance of brushing our teeth and establishing good routines of hygiene.
KS1	We will explore the importance of being able to identify our feelings, likes and dislikes and being able to communicate these to others. We will explore the different stages of life and what responsibilities we have at different stages in development. We will also use the NSPCC resource to help us understand how to respect ourselves and one another.
LKS2	This term we will be understanding how our bodies change and grow as we get older. We will refer to the NSPCC resource PANTS which teaches us about respect for one another. We will also focus on recognising feelings inside us and how to manage these emotions appropriately.
UKS2	This term we will be focussing on the changes in our body as we approach puberty. We will have a visit from the school nurse to help us understand more about changes in our bodies. We will explore how a healthy lifestyle has a positive impact on our wellbeing and health and discuss the themes around body image and confidence. Alongside this, we will aim to develop positive self esteem and how to manage emotions successfully.

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## FUNDAMENTAL BRITISH VALUES

We continue to dedicate time in our curriculum to focus on a particular news story and relate it to one of the Fundamental British Values. By doing this, we are encouraged to reflect on our world, the issues others face and what are views and opinions are on this.



HERE ARE SOME OF  
THE CHILDREN'S  
VIEWS ON OUR  
PICTURE NEWS  
STORIES

*'Picture News helps us to understand British Values more and how to live them out'.  
(Alexandra)*

*It makes us realise how lucky we are and how important it is to respect people and understand them.  
(Casey)*



# PSHE/RSE NEWSLETTER

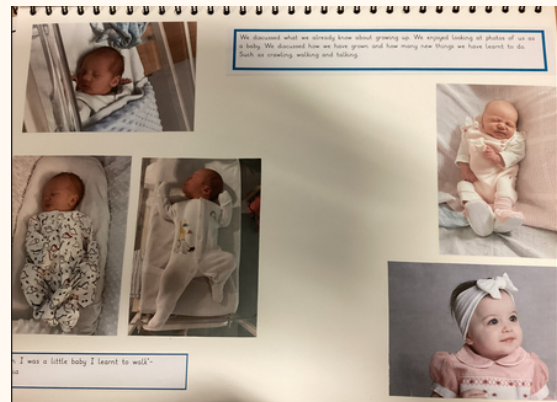
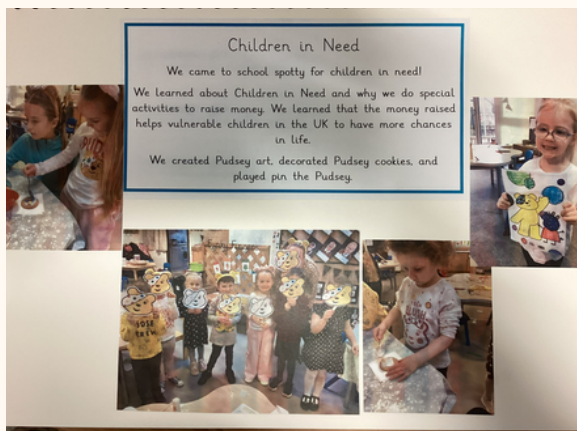
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## WHAT HAS BEEN GOING ON?

In Reception we talked about Children in Need and why it is important to help other people.

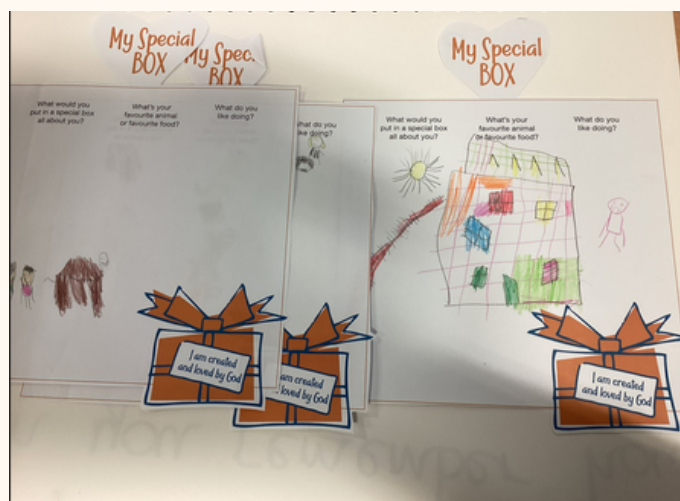


In Nursery we talked about the different life stages and what we can remember about our development so far.



We talked about our favourite animals, food and hobbies and how we all have have different views. This is what makes us special and unique.

In Year 1 & 2 we talked about the things that make us unique and that we are all created and loved by God.



# FAIRTRADE



Year 4 have been finding out about the work of Fairtrade.

*'Fairtrade is about better prices for farmers'.*

*'They are helped so they can work safely'.*

*'Farmers can make their own decisions'.*

We held a Fairtrade Tuckshop in school - thank you for your support with this! The children loved organising this and of course, visiting the tuck-shop!



We have collected the labels of products that display the Fairtrade logo and found out more about the farmers and the products they make.



FIND OUT MORE AT  
<https://www.fairtrade.org.uk/>



In **Year 5 & 6** we have loved being 'buddies' for our EYFS children! We enjoyed spending time with them in their setting, helping them play and learn.



We discussed the responsibility of leadership and reflected on our own leadership qualities.



# CULTURAL CAPITAL PASSPORTS

At St. Bede's RC Primary School, we are dedicated to providing exceptional learning opportunities for the children in our care.

Our goal is to enrich each child's school experience by creating an environment where they are motivated to succeed and reach their full potential.

Cultural capital involves equipping children with the knowledge and skills needed for their future. We understand that exploring new skills and experiences fosters a sense of resilience, curiosity, and creativity. This ultimately leads to the development of new forms of cultural capital that influence individual mindsets and shape the future. By fostering cultural capital, the children will be better prepared for educational and professional settings and to contribute meaningfully to society.

We empower our children to build on the achievements of those who came before them and create new and exciting cultural expressions. We believe that definitions of cultural capital should celebrate and embrace the diverse backgrounds, heritage, language, and traditions of all children in this country.

## Year 6

I can achieve a 100 reads award	
I can participate in a school Mass	
I can show pride in my presentation by having work worthy of being shown to the headteacher	
I can work as a group (through the Fundamental British Value of mutual respect) to raise money for charity	✓
I can spell all my Y5 and 6 spelling words	
I can take on a leadership responsibility in school	✓
I can understand the changes experienced during puberty	
I can stay away from home as part of a residential trip	
I can take responsibility for myself by bringing my own pencil case to school and maintaining my own equipment	
I can delegate job roles in class	
I can prepare myself for the transition to secondary school	
I can support our youngest pupils adapt to life at school	✓



Our 'Cultural Capital Passports' are underway! Here are some of the tasks Y6 can confidently tick off their checklist!- these skills for life will help us be successful in the wider world.