

PSHE Resources

At St John's we will teach PSHE using a range of different resources, which will be up to date and developmentally appropriate for the children. Many of the resources which we will use will come from the PSHE Association website, either produced by them or quality assured by them. We will also use various other resources to support our curriculum. Here are some of the other resources we will be using:

Healthy Heroes - They are on a mission to help children and their families to choose healthier food and activities whilst looking after their emotional health and wellbeing. Healthy Heroes has four main themes - healthy eating, physical activity, drugs, alcohol & tobacco and emotional health & wellbeing, with each topic having different cards to support it's theme. These cards will also be sent home to help you promote the healthy message with your child.

Each class has their own worry monster which allows the children to write down any worries or concerns they have in a safe and confidential way.



Key Stage 1 will take part in road safety using the Right Start Lancashire resources which enable them to stay safe near or when crossing the road.

We will use various charity pages to support our teaching which covers various topics such as mental health, anti-bullying, online safety and being safe. For example, on the NSPCC website, Year 1 will cover the PANTS campaign.

We will also have outside agencies coming into school to work with the children to help enhance our PSHE curriculum. This includes mindfulness training, first aid, bikeability, job junction and awareness around mental health.

Here are some of the books we will be using when learning about staying safe online:

