PSHE at Eversley

Pupil Voice

We have learnt lots of things this year - families, relationships, friendships, marriage, kindness, anti-bullying, racism, e-safety

I enjoy the lessons we do lots of different types lessons. We sometimes do writing, posters, role plays, discussions, e-safety workshops.

Pupil Voice

It’s good when we keep coming back to the same topics because we learn more each time.

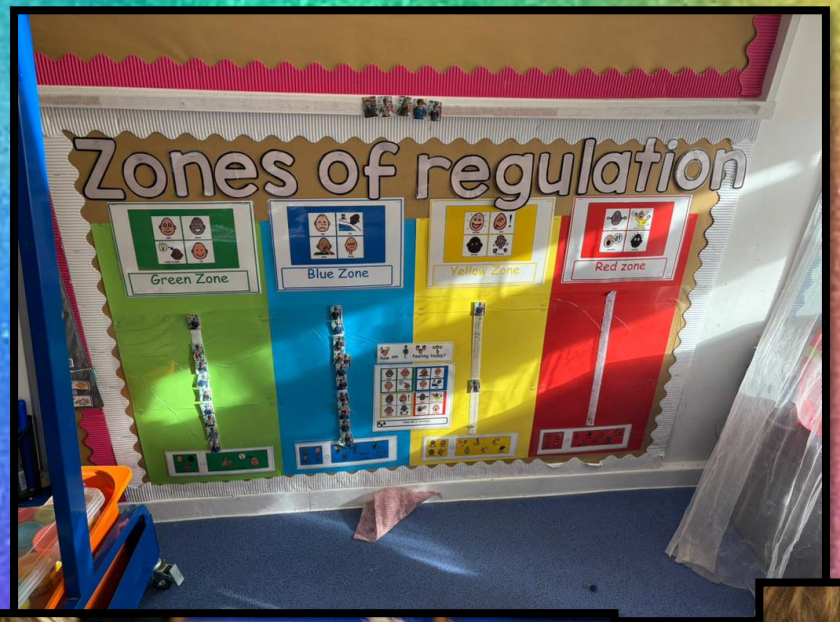
PSHE will help me in my life because it helps me to respect differences and treat people well.

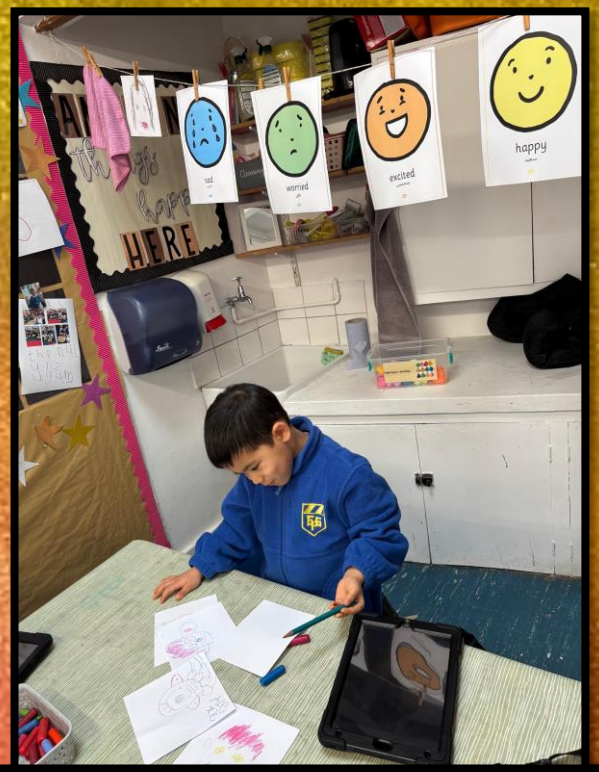
Pupil Voice

It’s important that we know how to stay safe in all different relationships and online too! And it helps us to know what to do if we experience poor mental or physical health.

PSHE teaches us how to be a good citizen, how to stay healthy and how to manage money.

EYFS


Zones of regulation
Green Zone
Blue Zone
Yellow Zone
Red zone

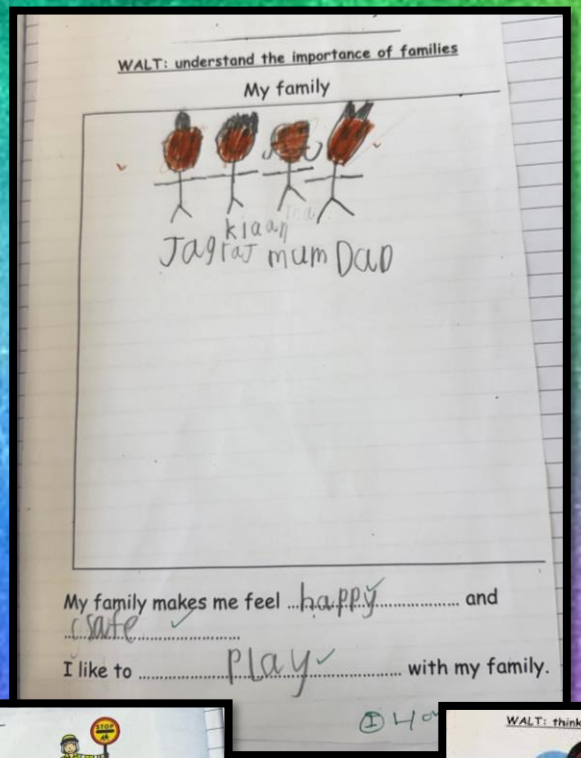

happy
excited
worried

make
funny
face!

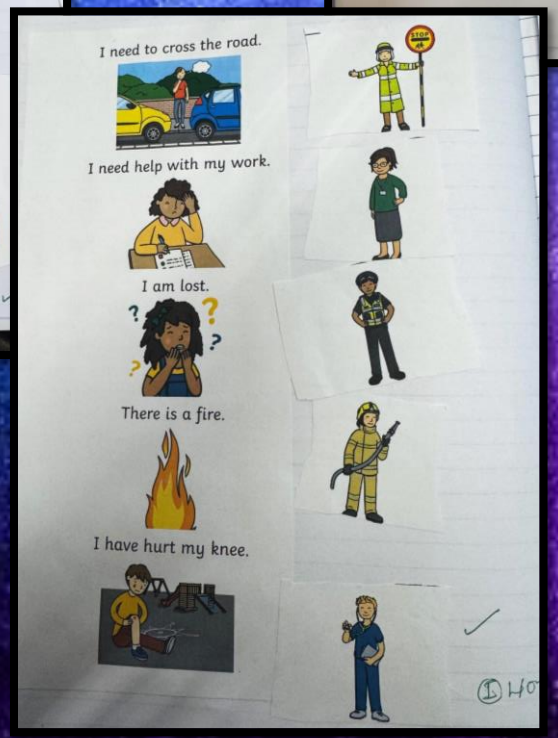
Trefl

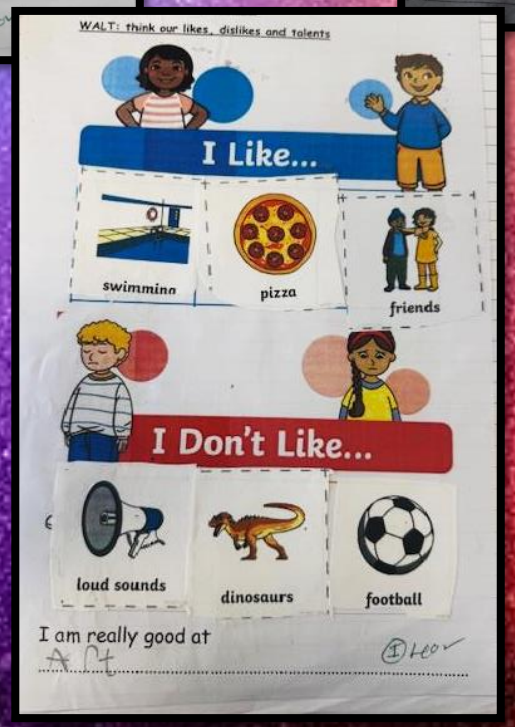
Year 1

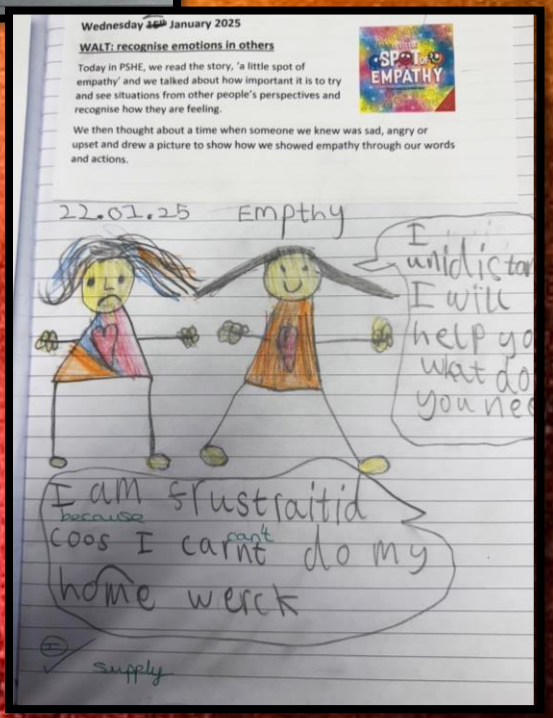
WALT: to be a good friend
Friendly
Unfriendly


WALT: understand the importance of families
My family
Jagrat
kiaan
mum
Dad
My family makes me feel happy and safe
I like to play with my family.

WALT: identify the different people who care for me
friends
My VIPs
Mummy
teacher
Shef

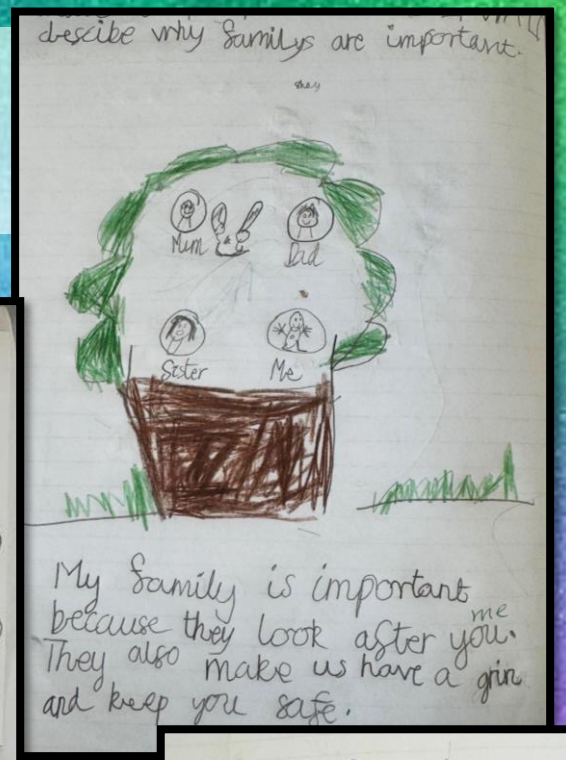

I need to cross the road.
I need help with my work.
I am lost.
There is a fire.
I have hurt my knee.


WALT: think our likes, dislikes and talents
I Like...
swimming
pizza
friends
I Don't Like...
loud sounds
dinosaurs
football
I am really good at
Art

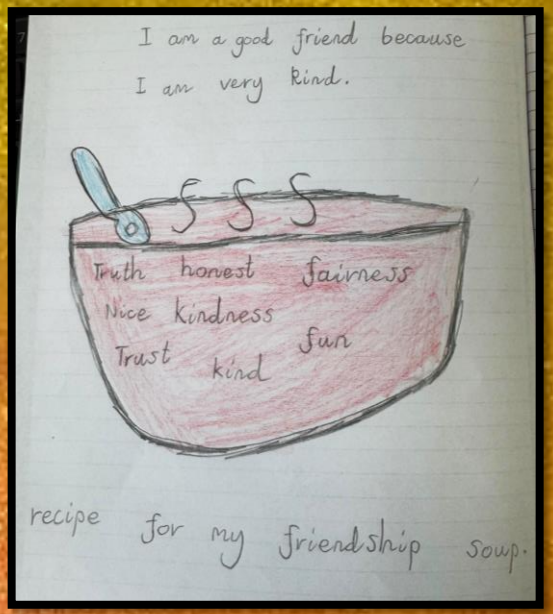

Wednesday 15th January 2025
WALT: recognise emotions in others
Today in PSHE, we read the story, 'a little spot of empathy' and we talked about how important it is to try and see situations from other people's perspectives and recognise how they are feeling.
SPOT OF EMPATHY
We then thought about a time when someone we knew was sad, angry or upset and drew a picture to show how we showed empathy through our words and actions.
22.01.25 Empthy
I am frustraitid because coos I carnt do my home werck
Supply

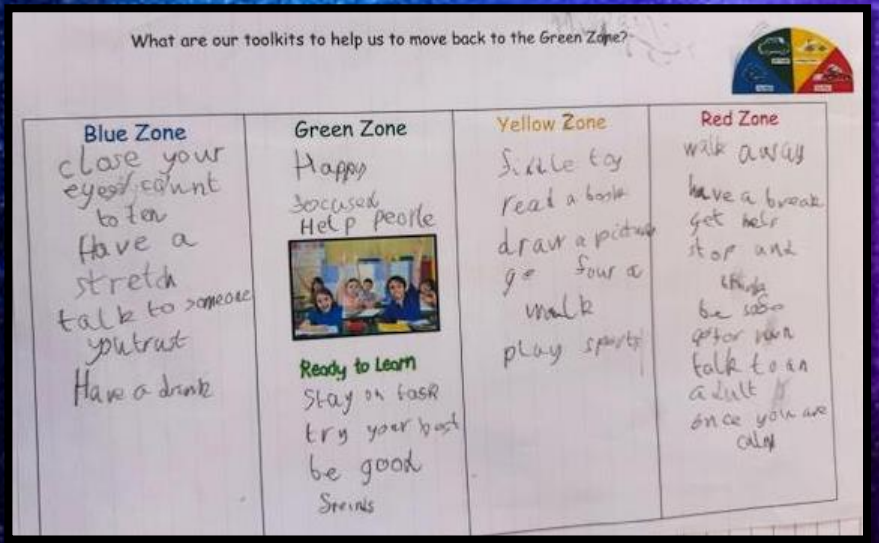
Year 2

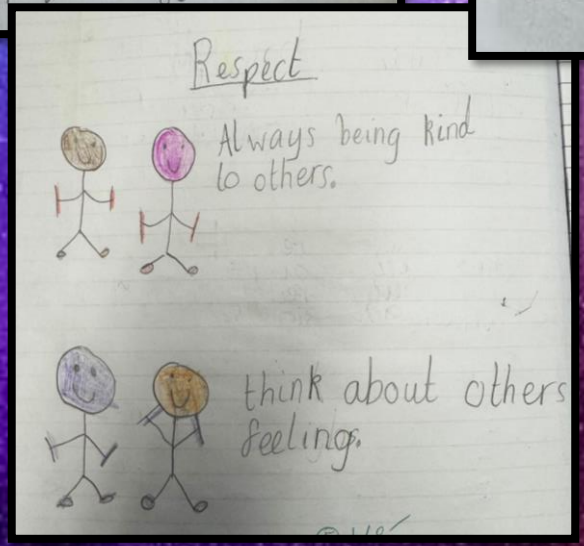
Safer Strangers Mind Map
How many safer strangers, whose job it is to keep us safe, can you write on the mind map below?
Safer Strangers
Mum she looks after me.
dad he keeps me safe.
Police they protect us.
brother we look after ichaden.
Doctor they keep us healthy and safe
friends because they be kind
bilders because they bild awer houses
Miss cunningham because she coler ce us

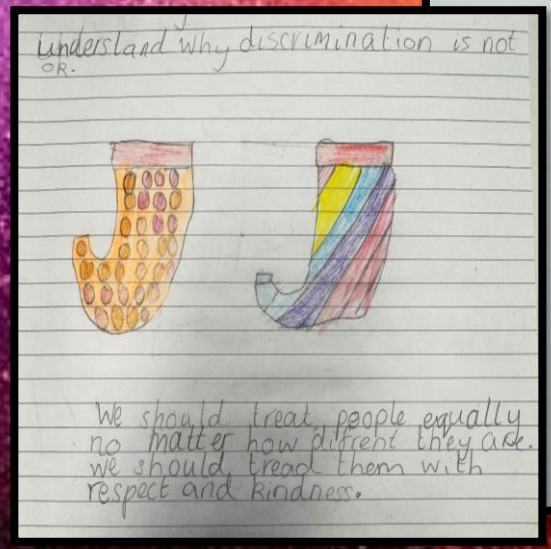

describe why familys are important.
Mum
Dad
Sister
Me
My family is important because they look after me. They also make us have a grin and keep you safe.

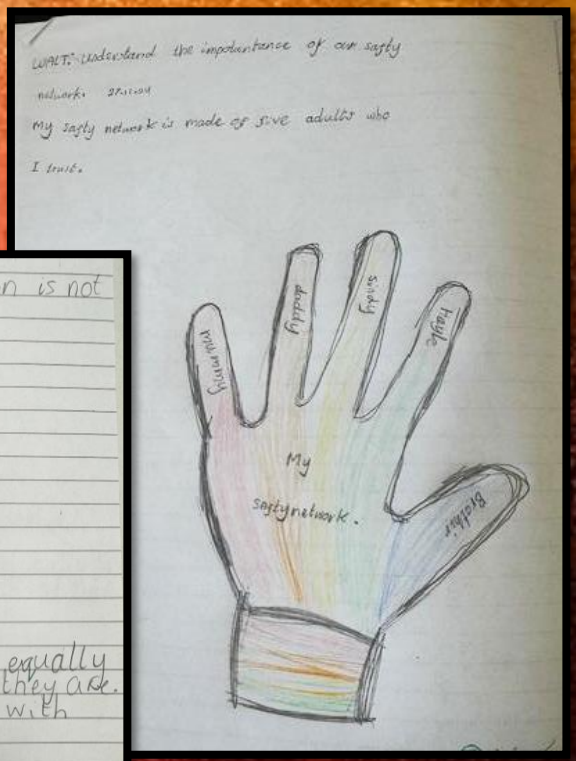
WALT: how to be safe on online.
How To Be SaFe
. stay safe by not sharing
E-Safely
. do not meet anyone who you don't Rhnow.
chose a story paword
. tell an adult you trust if you are unser about anything


I am a god friend because I am very kind.
Truth honest fairness
Nice kindness
Trust kind fun
recipe for my friendship soup.


What are our toolkits to help us to move back to the Green Zone?
Blue Zone
close your eyes/ count to ten
Have a stretch
talk to someone you trust
Have a drink
Green Zone
Happy
focused
Help people
Ready to Learn
Stay on task
try your best
be good
Yellow Zone
Sittle by
read a book
draw a picture
go four a walk
play sports
Red Zone
walk away
have a break
get help from an adult
be safe
go to your
talk to an adult
once you are calm


Respect
Always being kind to others.
think about others feelings.


Understand why discrimination is not OK.
We should treat people equally no matter how different they are. We should treat them with respect and kindness.


WALT: understand the importantance of our safty network.
My safty network is made of five adults who I trust.
My safty network.

Year 3

WALT: understand different ways to deal with conflict and to solve problems

WALT: understand different ways to deal with conflict and solve problems.

Today in PSHE, we discussed three different scenarios and how we would help the people in them.

Next step: what does conflict mean?

Conflict means a serious disagreement or argument.

40 ✓ I

WALT: celebrate diversity.

Today, we celebrated diversity and some of us wanted to share a bit about our different religions, beliefs, cultures and hobbies. We treated everyone with respect and listened to each other.

Walt: Stay Safe

- dont speak.
- run to the Person your with.
- tell Someone Safe if ~~they~~ your alone like Security. Police. or Staff.
- Say exactly what happened
- leave
- if you have a code makey ask them for the code.

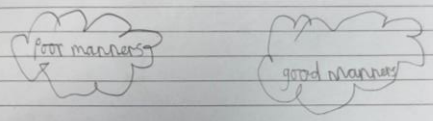
Tuesday 10th December 2024 **WALT: understand racism**

The goat was jealus and angry.	goat is spreding rumous about zebra.	the goat is spreding Rosters about zebra.	they say I am so sorr and bring zebra back.

In what ways was the zebra treated unfairly? she was Stripy and her skin was black and white. and she was the only one hoo has blac and white Stripes

How is this similar to racism? it was similar to racism because goat was spreading bad stuff to people about zebra and zebra was sad.

WALT: remember what good manners are



What impact does this behaviour have	How can we improve poor manners
•pushing someone	•saying excuse me
•hurting someone	•saying sorry
•burping	•not burping
•not saying please and thank you	•saying please and thank you

WALT: online safety

Year 4

WALT- talk about race, racisma and empowerment.

RACISM

Boo racism

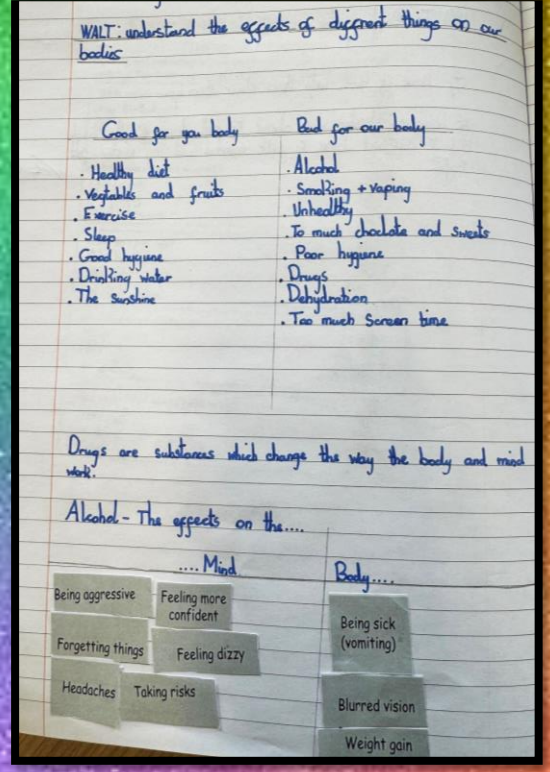
What is racism?
racism is a rude way of saying something such as your skin colour or your disabilities.

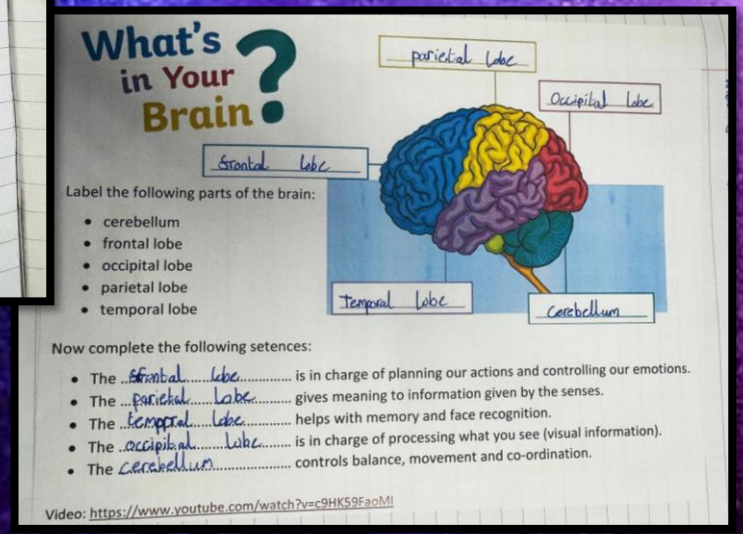
How can you stop racism?
You can stop racism by adding people in your games no matter what race. Also you can stop racism by talking about racism so people understand all about your race.

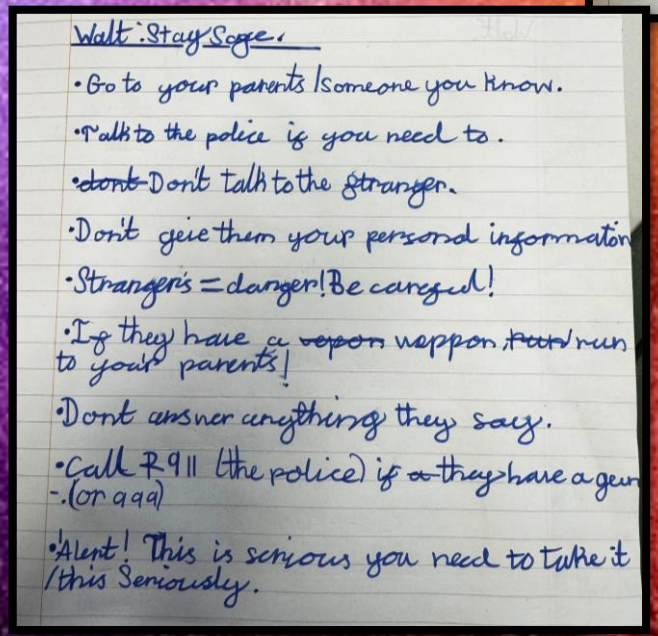
racisma is bad!

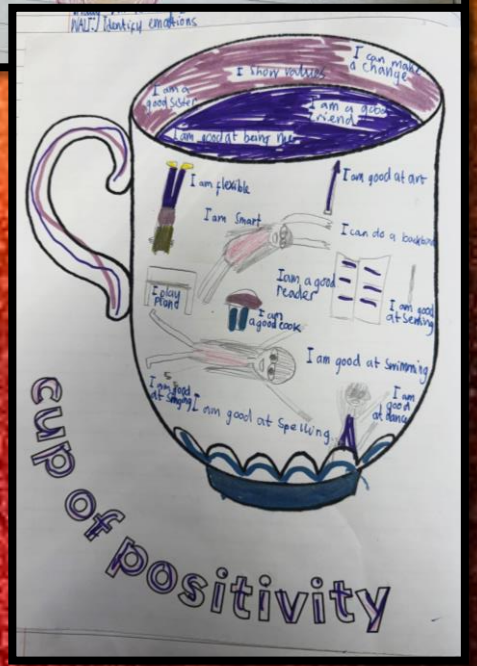
CULTURE

What is your culture?
Everyone has different culture, so culture is the way you live. For example if you are Islam you live by celebrating Eid, but if you christian you go to church.
ALSO RESPECT PEOPLE BY THEIR CULTURE.









Year 5

WALT: understand relationships Marriage and Civil partnerships

Marriage and civil partnerships both legally unite people together. The main difference is that during a wedding, the two people say vows or promises to eachother in front of witnesses whereas at a civil partnership they sign a document.

LIO✓

WALT: appreciate the importance of diversity.

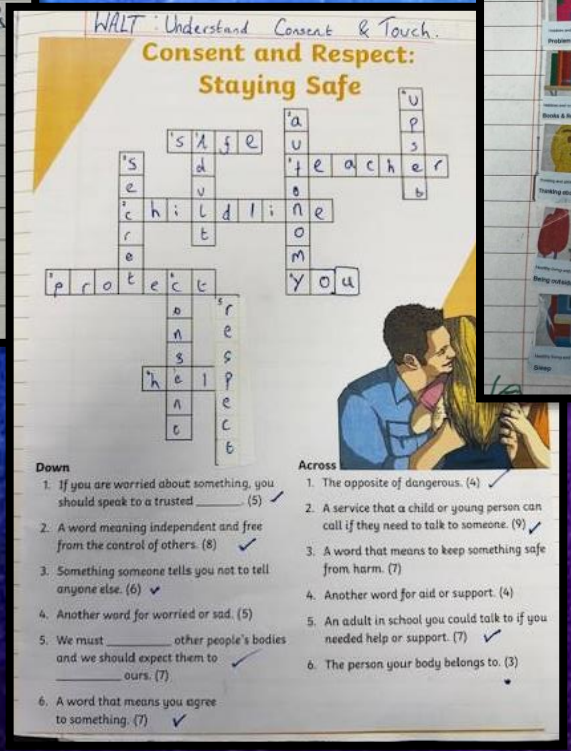
England without diversity would be very boring because everybody would be the same. People would be unhappy because no one would be special because they are all the same. Just imagine not having different food, having freedom to dress up, listen to music, sing, build and be smart. We would not have football teams or any sports. We are lucky that the world has diversity so none of these things happen.

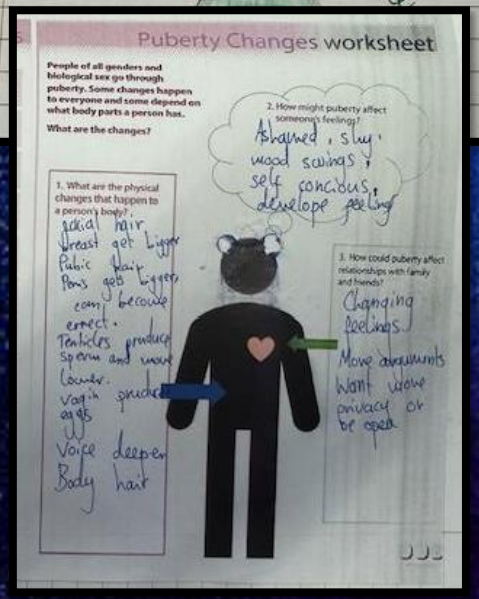
LIO✓

WALT: Think about your 'perfect' friend

WAA WALT- think of self help strategies

WALT: Understand Consent & Touch.





Cultural Stereotyping Myth Busting

Cultural Stereotypes - Forming opinions about people, based on where they come from or where they live.

Hate Crimes - A crime (often violent) that is motivated by prejudice.

Prejudice - A formed idea or dislike of someone or something, which is not based on a reason or actual experience.

Stereotype - An idea or belief held by a person, about an individual group, based on limit information.

LIO✓

WALT: understand how our thoughts can effect our mental health

My thoughts

My BFF didn't play with me, sit with me for lunch or check if I was okay when I ~~the~~ her heart hurt my self. This went on for weeks

My actions

I was worried she wasn't playing with me because I did something. I couldn't sleep at night. I had to miss swimming lessons, because I was so tired. I kept avoided her and not telling her how I felt.

My feelings

I felt sad, worried and hurt.

Positive outcome

Finally I told my parents and Me and my BFF talked. Turns out she didn't like my games. So now we play different games but we are still friends.

Year 6

WALT: understand the qualities of a healthy friendship

Dear Diary,
I just feel so lonely. I have lots of friends but I just don't know if they are good for me. They always make me do things I don't want and they laugh at me all the time! The thing is, I have had these friends since we started in reception and we are all going to the same school next year. Is it too late for me to find new friends? How would I even start a new friendship? What should I be looking out for?. Will new friends make me feel better about myself?
Ashley

Dear Ashley, I'm writing this to you because it looks like you need my help. First of all it's never too late for you to make new friends no matter what. If your friends are making you feel ~~Ashley~~ that you don't want, that's called pressure and also means that they don't deserve you. Real friends are good listeners, they don't laugh at, they laugh with you. If you ever struggle with somthe something listen to your heart it would always be right. And trust me it would be better if you start a new friendship with people that are kind to you.

Hannah: Have anyone tried alcohol? I heard it's really good.

Mike: Ummmm... I don't think you should be trying it. You're underage.

Joanne: Yeah. The age so it to be legal is at least 18 years old.

Penny: Oh! I'm going to a party today. I might try it. It sounds so exciting! Everyone else is having it.

WALT: understand dangers of using stereotypes.

Where do Stereotypes come from?

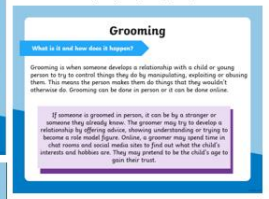
Stereotypes come from ~~other~~ racism, gender and religions. Just because of someone's race or gender, doesn't mean people can make assumptions. Also if someone has posted something online that is an assumption, ignore it or even report it! Always remember to not judge someone or assume something about them. Articles may contain assumptions as well. About 5 decades ago, police stopped black people ~~over~~ just because they assumed the person had done something wrong. Also, girls can like whatever they want and same with boys. Women used to do chores all around the house whilst their husbands went out with their friends. Just because of someone's gender, doesn't mean they can't be friends with someone that is a different gender. Boys can like dolls and girls can like football. No one should be forced to like something that their gender likes. Even on television some people can be racist to other people. In the olden days, women always were used as slaves, and cleaned the house whilst men were out fighting in war. Also, teenagers aren't always moody but may have mood swings because of puberty. Also, men should not be paid more than women, if they do the same job. If they do different jobs, then that's different. It may make them feel sad and ~~ess~~ like they're not doing their job properly. Overall it is mainly ~~wrong~~ that are targeted, all that makes them feel like they're useless.

WALT: understand the qualities of a healthy friendship

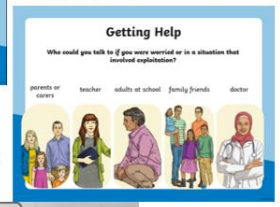
WALT understand what criminal exploitation is

In PSHE today, we started the lesson by discussing what criminal exploitation is:

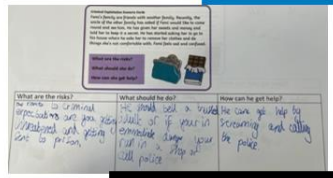
We then discussed grooming and how it is used to criminally exploit young people.



We then spoke about the different people we could go to for support if we were feeling exploited or we felt like someone was trying to exploit or groom us:



Finally, we looked at different scenarios. We identified the risks within them and made suggestions for what the person could do and where they could get help.



Is the person being treated equally and with respect? In what way?

No Corey isn't been ~~free~~ treated equally as pupils are discriminating her for her parents being LGBTQ+.

What actions could take place to improve the situation? Is there anything the teachers or school could do better?

the school could make an assembly about this, also tell anyone off if they are rude and also they should add more LGBTQ+ books.

Corey lives with his two mums but feels embarrassed to talk about it in class because some pupils have made rude comments about LGBTQ people. Also, none of the books at school have LGBTQ families in them so the teachers never talk about it.

If this was your friend, how would you support them?

I would try tell the teachers to talk about LGBTQ and tell the students off if they make fun of Corey.

Is it important for schools to talk about and celebrate difference? Why?

It is important because you need to celebrate everyone as everyone is equal.

WALT: Understand the difference between legal and illegal drugs and ~~what~~ influences

Drugs	
Legal	Illegal
Caffeine	Nitrous Oxide
Alcohol	Cannibis
E-cigarettes	Speed
Vaccines	Ecstacy (midma)
Antibiotics	
Epi-pen	
Inhaler	
Insulin	
Tobacco	

Religion might be the main thing that influences a person to not take drugs because if someone takes drugs, they're disobeying their religion

WALT understand why rules and laws are important.

Why do we need laws?

Law	What would happen if this Law was not in place? How would society be different?
Theft Act 1968 This Act makes it an offence to take other people's belongings.	For example: No one's property would be protected from someone taking it.
Education Act 1944 The Education Act 1944 made all schooling free for all pupils. The age at which someone leaves school was raised to 15.	Poor people basically would drop out of school early, so they could work to earn money. The rich get very educated.
Offences Against the Person Act 1861 This Act makes it an offence to physically hurt other people.	It would be chaotic. People could potentially murder other people. There wouldn't be enough hospitals. People would be injured, maimed and killed all over the place.
Human Rights Act 1998 The Human Rights Act means that you can defend your rights in the UK courts and that public organisations (including the Government, the Police and local councils) must treat everyone equally, with fairness, dignity and respect.	People would be discriminated and life would be unfair. Women would be treated much more horribly than they were 70 years ago, as slaves.

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WALT: Think of positive ways to solve conflict.

Shark

A bad way to disagree is to hurt someone. This includes being verbally or physically aggressive.

I'll do anything you want just so that we don't fight. The wishy-washy way to disagree is to let it be done because you are afraid of having an argument.

Jellyfish

Dolphin

I like to sort things out so we both win.
The best way to disagree is to be fair & stand up for yourself but in a friendly way. You can ask an adult for help if needed.

Don't be a Shark or a Jellyfish. BE A DOLPHIN!