



Welcome to the PSHE newsletter

Dear Parents and Carers

My name is Mrs Cook and I am the PSHE (Personal Social Health Education) Leader at Beecroft Academy. I am responsible for developing the PSHE curriculum which includes the RSE curriculum (Relationships Sex Education), values based education.



Our curriculum is designed using the 'One Decision' and 'Making Me' resources. Supplemented by the PSHE association. We teach FED (Financial Education) as an additional bi-weekly lesson. We give pupils access to big ideas and conversations, alongside practical experiences. A culture of talking about and sharing our feelings is a common practice in all classrooms from Early Years to Year 6. All staff work with the pupils to develop strategies to build resilience and manage our emotions in all aspects of learning and life - in and outside of school.

We aim to develop key character skills, including decision making, informed risk-taking, good communication and self-regulation strategies. We encourage the exploration of, and respect for, values held by different cultures and groups within our local community and promote the development of positive attitudes. We encourage honesty and respect in all relationships, and nurture sensitivity to the needs and feelings of others. We aim to enable pupils to develop a deepening knowledge of their health and wellbeing, including their mental and physical health.



Friday 27th September 2024

What's New for September 2024?

Introduced this academic year will be the addition of one current affairs lesson per term in years 4-6. This lesson will encourage children's critical thinking by discussing current events within the wider world, and enable children to form their own opinions on important global issues. Learning about current affairs will help our students understand the importance of being informed citizens and participating in the democratic process, which links into our teaching of British values. It will also improve our children's communication skills by engaging with discussions and debates with their peers.

Our Beecroft Values

Our teaching and learning at Beecroft encompasses the five British Values; democracy, the rule of law, individual liberty, mutual respect and tolerance. We also have our own set of 11 values which we are rewarded for showing with a silver values coin worth 2 house points. We focus on a new value each month. Our teachers choose a child who has demonstrated that value to be the 'values winner' for the month and have afternoon tea with Mrs Hughes.



Values coin



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PSHE Calendar

September	Democratic voting for Head Pupils, Prefects, class School Councillor and Eco Councillor.
October	First Aid for Schools workshops (Year 2, Year 4 and Year 6). Delivered by First Aid Schools. Mental Health Awareness Month.
November	Anti-Bullying Week 2023 'Choose respect.' Odd sock day. Remembrance Day service.
December	Human Rights Awareness Day. Financial Education Fair.
January	N/A
February	Children's Mental Health Week. Moving more for our mental health.
March	N/A
April	My Superpower of Resilience Making Me workshop (Year 3). Financial Education Fair.
May	Wellbeing Making Me workshop (Year 6).
June	Diversity Week. My Resilience Resources Making Me workshop (Year 5).
July	Moving on Making Me assembly (Year 6). Financial Education Fair. PSHE/ RSE Family Forum.

Policies

All our policies, including those linked to PSHE, can be found on the Beecroft Academy website. Thank you to everyone who attended the July family forum for consultation on our PSHE and RSE policies.

https://www.beecroftacademy.co.uk/about_us/policies_/policies.html

Bullying

At Beecroft Academy, we work incredibly hard to ensure our children are safe and happy. Children can sometimes use the phrase 'bullying', however when we speak to the children, they often describe usual friendship patterns amongst children. We have spoken to the children about bullying, what it is and what they should do if they need support.

Bullying is '*the repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power*'.

Our policies and practices ensure all incidents of bullying, including prejudice related incidents, are recorded and addressed in line with our anti-bullying policy.



1 Decision Resources

All 1 Decision materials have received the Quality Mark from the PSHE Association, which means that schools and parents can be assured that they include the very best practice as part of a whole-school approach to keeping children safe, happy, and healthy. You can view a sample of these resources, including those used to teach Relationships and Sex Education, through the parent-carer-zone.

<https://www.1decision.co.uk/resources/parent-carer-zone>



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Personal Development



Through their time here at Beecroft Academy, we endeavour to ensure that all children will learn:

- a set of moral and spiritual values
- a core set of skills, such as reading, writing, mathematics, physical, scientific and creative
- a hunger to better themselves and persevere
- a high sense of self-esteem and an understanding of their own value as individuals
- tolerance and respect for all regardless of gender, religion or ethnicity.

Shared Language

Every class at Beecroft Academy has a set of feelings flowers (Early Years - Year 4) or Feelings Phones (Year 5 and Year 6) provided by Making Me to encourage our children to talk about their feelings. We use the phrase "Feelings are just feelings, they come and go. We don't have to be afraid of our feelings, we just have to know what they are and use our words to talk about them."

Early Years - Year 3 explore a further range of emotions through our KIPSY Caterpillar Club story time. These are embedded using KIPSY's feelings playing cards in Years 4-6.

Talk to your child about how they are feeling at different points in the day. Encourage them to name and describe their feelings.



Pom Pom KIPSY

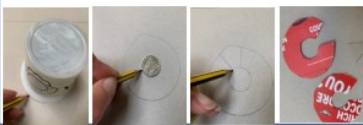
Why not make a KIPSY out of wool scraps? You can keep your very own KIPSY on display at school or at home!

WHAT YOU NEED

- Cardboard, yoghurt pot, coin
- Pencil, glue, scissors
- Colourful wool
- Fabric scraps
- Glue
- Pipe cleaners
- Googly eyes



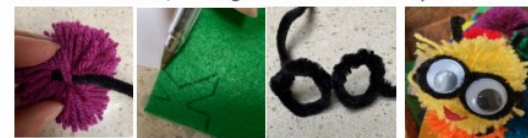
Draw round the yoghurt pot onto the cardboard and the coin in the middle. Mark a wedge, then cut out the C. Make a 2nd C the same.



Line the 2 cardboard Cs side by side, then lie the end of your first choice of wool against the card. Wind the wool through the wedge gap, and round and round the circle until you've covered it thickly.



Hold onto the middle with your thumb and cut the wool by putting the scissors between the two Cs. Take an extra length of wool and wind it around the middle, between the cardboard Cs. Tie a tight knot. Now take off the cardboard – ta da, a pom pom! Make five more, enough for KIPSY's body and head.



Now thread small lengths of pipe cleaner through the knotted wool to make legs and antennae. Draw & cut out the letters on your fabric, and a big smile too. Put some eyes in pipe cleaner glasses. Glue it all together. Yay a cuddly KIPSY!



TIPS:
An old cereal box is great for the cardboard Cs.
Use any wool colours or funky fabric to make your KIPSY personal to you.

Knowledge
Is
Power
Strengthening
You

making
me
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