

**WELCOME TO THE
PSHE AND RSE NEWSLETTER**

MESSAGE FROM MS OZKAYA

Dear Parents and Carers

Welcome to this year's PSHE (Personal, Social, Health and Economic education) and RSE (Relationships and Sex Education) update. My name is Ms Ozkaya, and I am the PSHE and RSE Lead at Beecroft Academy. My role is to ensure that our curriculum is engaging, age-appropriate, and fully aligned with government guidance, giving our pupils the best possible foundation for their personal development.

To ensure learning builds progressively as children grow, we use carefully chosen schemes of work:

In Early Years we use 'The Big 3 and Me' and in Years 1 to 6 we use '1Decision'. In addition, we teach dedicated Financial Education lessons. These sessions help children understand the world around them while building essential life skills for managing money safely and wisely.

Throughout our PSHE lessons, we focus on developing core personal attributes, including resilience, perseverance, effective communication and self-regulation. We naturally link our learning to our Beecroft Values (Ready, Respectful and Safe) as well as wider British Values. Children are also supported in understanding how to care for both their physical and mental health.

This year, we are excited to introduce The Zones of Regulation across the school. This framework helps children identify and name their emotions, providing them with practical tools to manage their feelings and self-regulate - skills that will benefit them far beyond the classroom.

Further information about our PSHE and RSE curriculum can be found on our school website.

We look forward to working in partnership with you to support your children as they grow, learn and thrive this year.

Ms Ozkaya

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. Further resources for parents can be found at:

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



Beecroft Values

Throughout our curriculum, we encompass the British Values of Democracy, The Rule of Law, Individual Liberty, Mutual Respect and Tolerance. We also have our own Beecroft Values, where we focus on a new value each month. Each teacher will choose a child who has demonstrated this value and be a 'Value Winner' for the month and they will have afternoon tea with Mrs Hughes.



Bullying

At Beecroft Academy, we want each and every child to feel safe and happy and we work extremely hard to deliver this.

Children can sometimes use the phrase 'bullying', however when we speak to the children, they often describe usual friendship patterns amongst children.

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.

We ensure the phase 'bullying' is explored within our PSHE curriculum, as well as taking part in extra curricular days, such as Anti-Bullying Week.

