

Life Skills at Belvoirdale

In school we call our PSHE and RSHE lessons 'Life skill lessons' as essentially, they teach children skills that they will need in their everyday lives in order to be happy, healthy, safe and to be effective learners.

We plan a using a sequenced spiralised curriculum based around Jigsaw scheme of work, this means that children are taught age-appropriate context and knowledge is built upon from EYFS to year 6.

Life Skill lessons (PSHE/RSHE) cover 13 main areas of learning:

Mental Wellbeing:

We strive to teach children about looking after their mental wellbeing and recognising signs of mental ill health and equip them with understanding on how to look after themselves if they feel overwhelmed

Families and People who care for me:

We strive to teach children that families are important and that they give love and care. That families come in all shapes and sizes and that difference is good and ok.

Basic First aid:

We teach children how and in what circumstances to make a 999 call. We also teach basic first aid to children.

Internet Safety and Harms & Online Relationships:

We take E- Safety very seriously at Belvoirdale. We follow the National Online Safety programme of study from EYFS to year 6.

Physical Health and Fitness:

Children are taught how important fitness is to their health and its benefits for their mental wellbeing.

Healthy Eating:

We teach what balanced diet consists of and discuss the risks associated with a poor diet.

Drugs, alcohol, and tobacco:

In an age-appropriate context, we teach children the harms of legal and illegal substances such as alcohol, drugs and smoking.

Health and prevention:

We teach children the fundamentals of being healthy, e.g. the effects from sun exposure, dental and personal hygiene. We also discuss how viruses are spread and good hygiene to limit spread.

Changing and adolescent body:

We teach children the changes their bodies go through. We understand its important that both boys and girls understand the changes that each other go through.

Caring friendships:

We teach children what qualities to look for in a good friend and how to be a good friend. We also teach children strategies to manage conflict within a friendship.

Respectful Relationships:

We teach the importance of manners and respecting different people in the community and others who may be very different from them.

Being Safe

Children are taught that their bodies belong to them. Children are also taught the importance of personal boundaries and understand that it is ok to say no. We ensure that consent is taught in an age-appropriate manner, E.g. Starting with understanding personal space and seeking permission before hugging a friend.

The poster features the acronym 'RSHE' in large, bold, black letters. Surrounding it are six text boxes with different colors and orientations, each containing a goal or objective. Below the acronym is the full name 'Relationships, Sex and Health Education.' and a photograph of six colorful paper figures holding hands. At the bottom right is the Belvoirdale logo with the tagline 'Dream it Learn it Live it'.

Instilling the confidence to thrive as individuals
Understanding how to look after myself and keep safe

Developing the skills to become successful learners

To celebrate equality and diversity

RSHE

Relationships, Sex and Health Education.

To understand right from wrong

To instil a broad and balanced understanding of differences of people in society.

To have the fundamental skills to become good citizen

Relationships Education units:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education units:

- Mental wellbeing
- Internet safety and harms
- Physical health and Fitness
- Health eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing and adolescent body

Belvoirdale
Dream it Learn it Live it