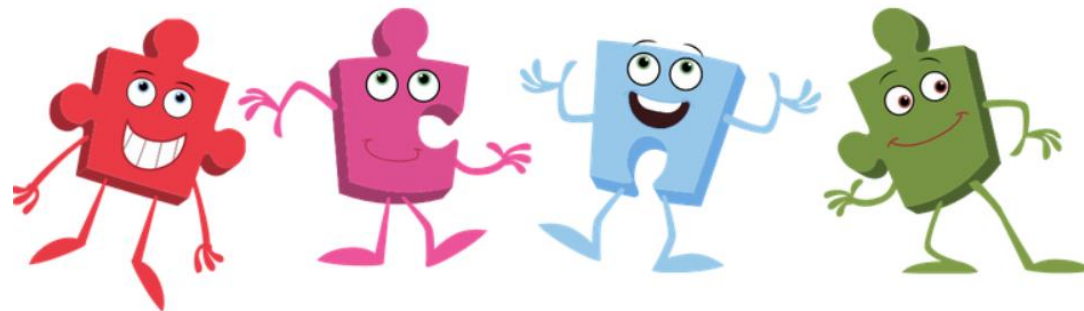




PSHEe





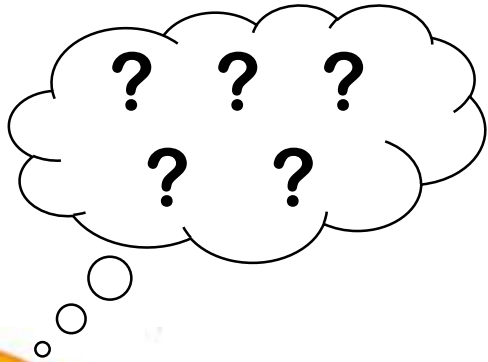
What is PSHE?

PSHE stands for Personal, Social and Health Education. In PSHE lessons, we learn the knowledge and skills to keep ourselves happy, healthy and safe, as well as prepared for the future.





In PSHE, we ask questions such as...



How can I achieve my goals?

How can we celebrate our differences?

How can I stay safe and healthy?

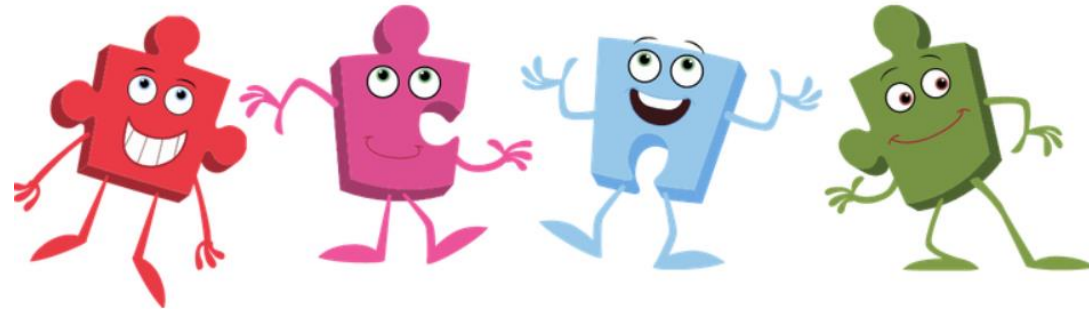
How can I build good relationships with my friends and family?



PSHE Lessons

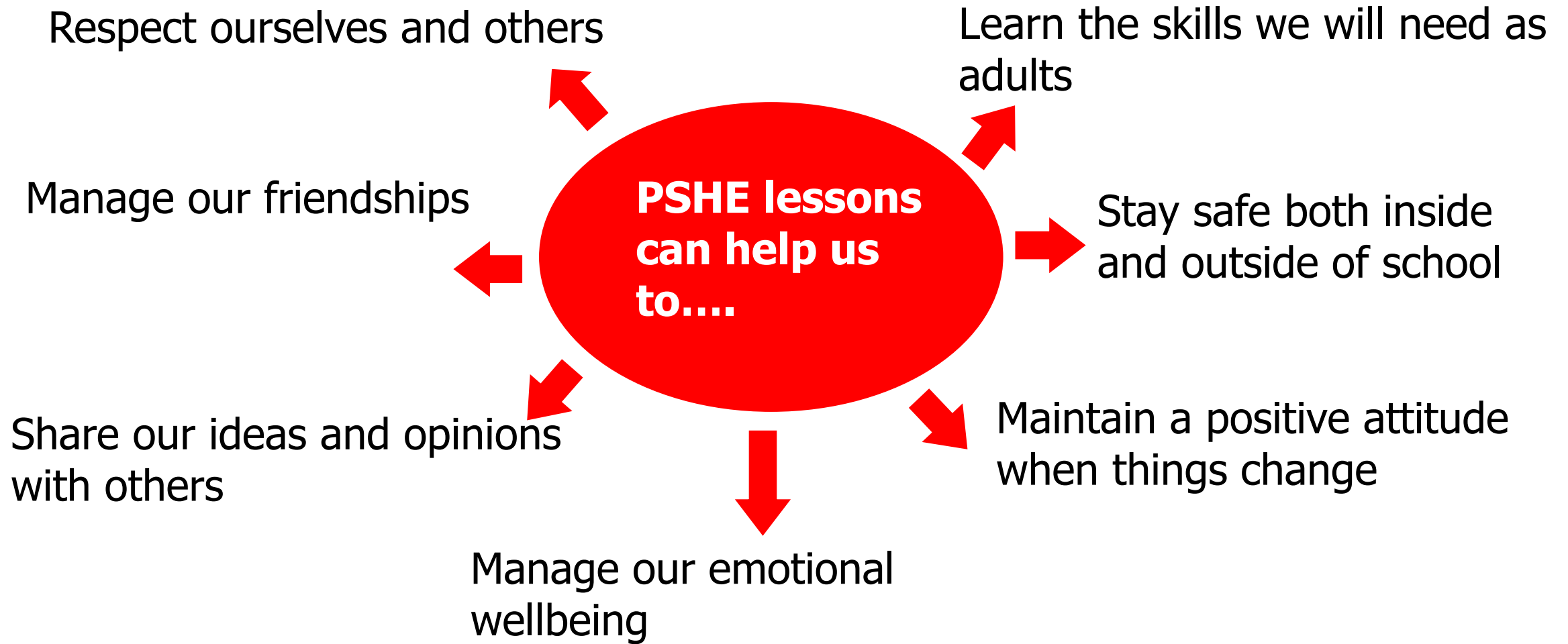
Do you think PSHE is important?

Can you remember something that you have learned in a PSHE lesson?





Why is PSHE important?

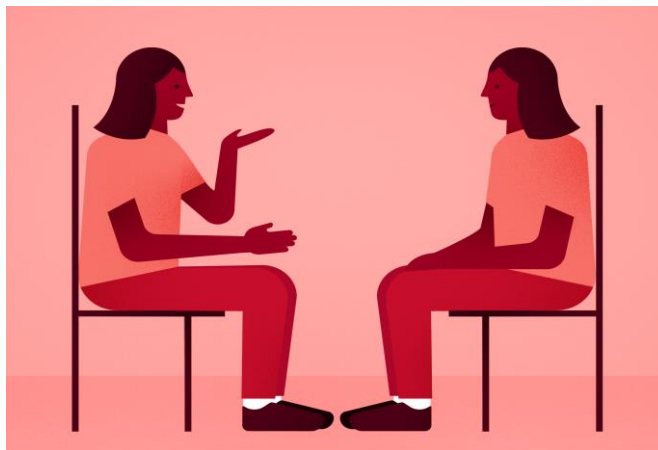




How do we learn in PSHE?



By listening to others
(adults and children)



By sharing our own
thoughts and ideas



By reflecting and
thinking about our
own lives and choices

There is often no right or wrong answer in PSHE. We respect the opinions of others even if they are different to our own.



Our PSHE Leader
is...

Miss Avery



PSHE at Parsloes Primary School

At Parsloes, our curriculum is built around...





PSHE at Parsloes Primary School

We have a PSHE lesson every Monday as part of **Mindful Monday**.

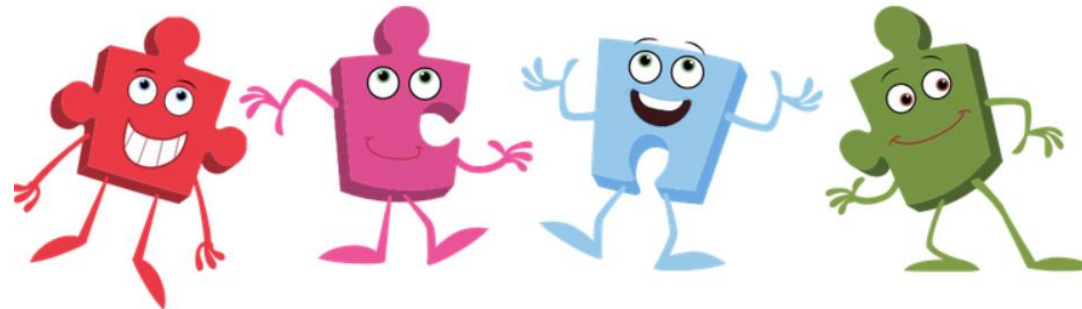
During Mindful Monday, you will also have a VotesForSchools assembly and often a Mind Up lesson.





PSHE at Parsloes Primary School

We follow **Jigsaw** in our PSHE lessons.





PSHE at Parsloes Primary School

Over the year, you will cover the following six topics in your PSHE lessons.



Being Me in My World



Celebrating Difference



Dreams & Goals



Healthy Me



Relationships



Changing Me



PSHE at Parsloes Primary School

Our learning in PSHE doesn't just happen in PSHE lessons. You might also participate in:



Road safety workshops

Anti-bullying week

Making healthy choices at lunchtime

Online safety lessons

Children in Need

Trying hard to walk to school