

PSHE at Mereworth

Safer Internet Day 2017



“To share or not to share—that is the question!”

The theme of this year’s Safer Internet Day was images; which images we should and shouldn’t share, what happens when images are shared and who gets to see our shared images.

In our whole school assembly, we learnt about making sure we don’t give away personal information when we share images, such as our name, our address or the school we go to. We also thought about the fact

that if other people are in photos we want to share, we must ask their permission first. In Year 5 we considered how an image shared digitally is potentially ‘out there’ forever and you may one day regret sharing an image online.

Maya Courtney-Jones and James Wilson, in Year 5, attended a Safer Internet training day at the Kent Police Headquarters, in Maidstone. Accompanied by Mrs Cannon, they found out loads of important information and great tips, which they will be sharing back at school with us after half term.

“We really enjoyed the day. We learnt that there is a special button called CEOP online, to

report people if you are worried about e-safety issues,” said Maya.

James added, “It was good working with children from other schools in the activities and I am really looking forward to being a Digital Leader “.

Together with a large number of other Year 5 pupils, Maya and James will form the new ‘Mereworth Digital Leaders’. The role of the Digital Leaders will be to keep abreast of E-Safety issues, contribute to assemblies about online safety and even run some internet safety lessons for younger pupils.

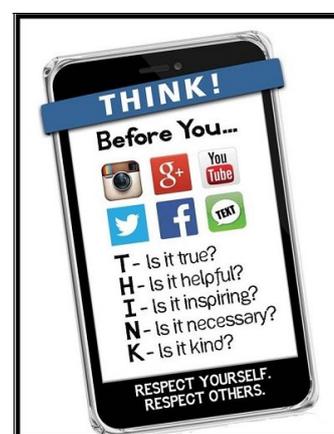
Older pupils might enjoy the Horrible Histories e-safety videos, which really get the messages across in a funny way.

**Mereworth
Community
Primary School**

Issue 1

March 2017

Subject Leader: F.Booth



Inside this issue:

PSHE Curriculum Coverage 2

'Back to School' charity 2

Healthy Living with Year 1 2

Mind full or Mindful? 3

British Values at Mereworth 3

Global Awareness continued 3

Our Anti-Bullying Pledge 4

Global Awareness Day 2017

From learning about poverty, to thinking about how we care for animals on the land and in the ocean, Mereworth pupils have been thinking carefully about the 17 Sustainable Development Goals, agreed by the United Nations.

These goals have the potential to create a much better, fairer world by the year 2030.



THE GLOBAL GOALS
For Sustainable Development

Our displays around school show the wonderful learning all year groups have done. They have shown great understanding, concern and care. They truly are global citizens of tomorrow!

Curriculum Coverage—what's PSHE all about?

PSHE at Mereworth is taught in every year group in a number of ways. The personal, social, health and economic education of all our pupils is of the utmost importance and whilst PSHE is not a statutory subject, it is inspected by Ofsted and is recognised as being crucial to developing 'the whole child'. Children need to feel safe and happy to learn and without self-esteem, resilience, tolerance, respect (for oneself and others), love and kindness, growth mindset, social skills, awareness of risks and the ability to deal with change, we are setting our pupils up to fail in life, no matter how good their results are in other subject areas.

Our PSHE curriculum has been designed to cover all these skills, as well as developing pupils' knowledge and understanding in the three core areas: Health & Well-Being; Relationships; and Living in the Wider World. Topics covered include:

- Alcohol, smoking and drugs
- Personal health
- Bullying
- Citizenship, democracy and human rights
- Careers and the world of work
- Personal finance

- Family and relationships
- Sex education

These are all taught at an age appropriate level, in a variety of ways. Children work individually, in pairs and in groups, they listen to stories and poems, produce written work, design posters and leaflets, act out scenarios, discuss and debate given topics and conduct their own research.

You can see the PSHE curriculum on the PSHE page of our school website.



Helping Children go 'Back to School'

A big thank you for donating money to the Back to School project recently, at the Christmas Carol Concert.

We have sent the money raised (£160.81) to our contact Alice Hale, who works for the charity VSO Nigeria. She will be going out there in April and hopes to get some footage of the children who will benefit from the money raised.

All around the world, thousands of children are excluded from education



because of their gender, disability or background. We want all children to have the same opportunities in life, which means getting a good education. They can then follow their

dreams and pursue the careers of their choice.

When Alice came to school to talk to us, she showed us a video of the children who are so happy to be learning at school with the resources they need.

We will be learning the 'Back to School' song, which Alice wrote and sings and would like to perform it or record it so you can all hear it.

We'll keep you posted!

Get Fit & Healthy with Year 1

Year 1 have been doing some super learning about looking after ourselves. One of the 17 Global Goals is dedicated to Good Health & Well-Being.



Year 1's Top Tips for Staying Healthy

- Drink lots of water
- Get enough sleep
- Exercise every day
- Eat a healthy and balanced diet
- Stay clean and wash your hands

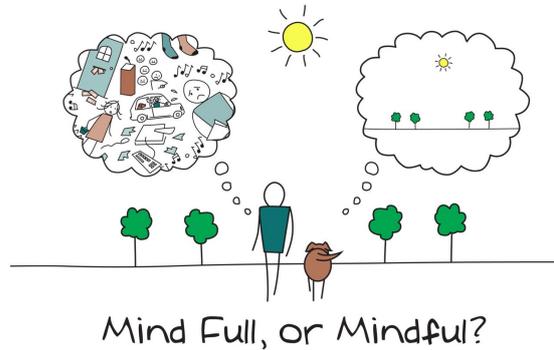
- Try not to eat too many sweets
- Try not to have fizzy drinks
- Eat 5 fruit and vegetables a day
- Have breakfast every day
- Keep your mind healthy, by relaxing and doing things you enjoy

Mind full or Mindful?

In today's hectic world, it is easy to forget to take time to stop and just be in the moment. Studies show that we perform better when we are calm and happy.

This is why, at Mereworth, we like to start the day in a calm way. When pupils come into class, they have quiet activities to do during the registration period.

After break and lunch times, classes have some silent reading time, or even practice some relaxation techniques to get in the right frame of mind for learning.



Mindfulness activities to encourage during free time (for children and adults) include colouring and doodling, origami, listening to calming music, jigsaw puzzles and yoga. Exercises to try include 'going on a

noticing walk', 'listening to the bell' (see website address on page 4), practicing mindful eating (focusing solely on the taste of a favourite food), practicing gratitude and sharing what we are thankful for, and making a mind jar (like a snow globe—watch the 'snow' settle, as does your mind).

Try to include some 'mindful time' in your schedule—perhaps at the start and end of each day. It's as important to look after our minds, after all, as it is to look after our bodies.

British Values

You may have heard the term 'British Values', particularly linked to education, but what are these values and how do we teach them at school?

The British Values are 'democracy', 'the rule of law', 'individual liberty', and 'mutual respect for and tolerance of those with different faiths and beliefs and for those without faith'.



At school we promote these values through our Spiritual, Moral, Social and Cultural awareness (SMSC). This includes daily school life, such

as the core values we promote, each month, our expectations of behavior and attitudes, and our policies. We also teach the values through the PSHE curriculum and through assemblies. We even have visitors into school, such as the magistrates talk to Year 6, to help pupils understand and appreciate these values.

Please help us support these values at home, too.

Global Awareness—We Can All Make a Difference!

The pupils have all made pledges to help make the world a better place, which you can see on the trees in our Reception area, by the office.

Their promises include:

"I will not drop litter."

"I care for animals."

"I give money to charities to help others."

"I will try not to waste water."

"I will help my family be aware of their carbon footprint."

"I am going to treat everybody equally."

Think about what you can do at home, as individuals or as a family, to contribute to making the world one that we all want to live in.



Mereworth Community Primary School



*Lasting learning
experiences for life*

Values Based Education

Every month we focus on a value that we believe our pupils need for life. Over the last two academic years we have focused on values such as respect, love, gratitude, loyalty, kindness, honesty, responsibility and perseverance. February's value was Friendship. Look out for the value of friendship in books shared at home and discuss the importance of friendship. The value for March is Acceptance; learning to accept others' differences and accept them for who they are. At school, we will be learning about accepting others, irrespective of gender, race, age, socio-economic status, disability and so on. Please support us with this at home.

Anti-Bullying Pledge

In keeping with all the values we believe are important and in keeping with the British value of respecting others, we are asking all pupils to think carefully about they treat others. We will discuss the pledge below in PSHE lessons in each class and invite pupils to sign their name to agree to these words:

"This is our pledge to treat everyone with the respect they deserve. We will not tolerate prejudice or discrimination against anyone.

We will treat others with kindness and love and take care of one another. We will stand united against any form of bullying.

We will celebrate differences, listen to others' opinions and treat others as we ourselves would like to be treated."

Your support with this is greatly appreciated. What a wonderful world it would be if everyone lived out these words.

Useful PSHE Resources and Websites

There are loads of great websites, apps and resources to support children's understanding of personal, social, health and economic issues.

Here are just a few:

<http://www.nhs.uk/change4life/Pages/why-change-for-life.aspx>

This site has lots of advice on how to stay heathy, including the 'sugar smart' app, which you can download to see how much sugar different foods contain.

<https://www.thinkuknow.co.uk/>

A great site all about e-safety issues.

<http://www.bbc.co.uk/cbbc/watch/p01g2pt6>

Hilarious internet safety videos from the Horrible Histories cast.

<https://www.youtube.com/watch?v=wGFog-OuFDM>

A 5 minute mindfulness calming activity., focusing on the sound of a bell. There are also tonnes of lovely mindfulness colouring books in the shops right now—a great way to relax and de-stress.

<http://www.bbc.co.uk/scotland/education/health/feelings/>

Ensuring children can recognize and talk about their feelings is really important for promoting positive mental health & well-being.

http://www.bbc.co.uk/northernireland/schools/4_11/uptoyou/

Get kids making decisions on this interactive healthy living game.

