



# PSCHE at NHFS

PSHE enables our children to become healthy, independent and responsible members of society. It aims to help them understand how they are developing personally and socially, and tackles many of the moral, social and cultural issues that are part of growing up. At New Hartley First School, our aim is to create a holistic learning approach to PSHE through consistently embedding curriculum links to wellbeing and mental health through the teaching of Character Education. The goal of character education is the good life: one in which we can flourish as human beings, achieve our potential and live meaningfully and harmoniously in communities with others. The pathway to this is the acquisition and development of virtues and it is the virtues we have acquired which go to make up our character. A virtue is the ability to act in a particular way in a specific situation to bring about a good outcome and when we have acquired a virtue, we become able to manage our emotions and give reasons for why we choose a particular course of action; we learn to deliberate and assume much more control over how we act in the circumstances we face.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Caring hands Who helps you? Working together – The Little Red Hen	Trying new things The alphabet of kindness Virtue shields	Washing hands/toys It's not fair! Saying hello in the classroom	<u>Service Project</u> – Growing in the community (fundraising) Patience in my class Respect in the classroom	Good manners, careful listening Forgiving words The strength of a superhero	Speaking and listening Gratitude picture journals Telling the truth
Year 1	Caring for ourselves Who do you help? Many hands make light work	Emotional Literacy – worry The book of kindness Virtue shields	Cleanliness & Orderliness Fair shares for other Recipes for a good friends	<u>Service Project</u> – Growing in the community (fundraising) The pencil of patience How does the ugly ducking feel?	Courtesy at lunch/playtime Forgiveness You can do it!	Anger – regulating our emotions Thank you cards Stealing/cheating
Year 2	Caring for others and family People who help us Conflict resolution	Emotional Literacy – saying hello to new people The cup of kindness Virtue shields	Food hygiene Fair shares for others Making a new friend	<u>Service Project</u> – Growing in the community (fundraising) Busy adults Classroom & playground rules	Courtesy in the classroom Mending a friendship Dream on, aim high!	Active listening Thanking a classroom visitor Telling the whole truth
Year 3	Caring for our school People who need our help Bury the hatchet	Growth mind-set Secret agents of kindness Aristotle's Bottles	Looking after your teeth Two sides to every story What do our friends need from us?	<u>Service Project</u> – Growing in the community (fundraising) Patient hands Respect at home & community	Courtesy to others Why should I forgive? If at first you don't succeed	Emotional regulation Thanking a classroom visitor Honesty
Year 4	Caring for the environment Helpfulness in our class community Team building skills	Sportsmanship Kindness poetry Aristotle's Bottles	Clean words School rules Flexible friends	<u>Service Project</u> – Growing in the community (fundraising) 'A patient survivor' Powerful respect	Courtesy on school trips Feelings of forgiveness Never give up!	Emotional regulation Thank you letter Being honest with yourself