

Whole school PSHE Themes

Throughout the year, key topics are addressed, in an age-appropriate way, across the school.
This may be done through whole class PSHE sessions, assemblies, experience days, homework activities or through external providers.

Topics are addressed through the lens of our core values of Love, Respect, Service and direct links are made to the British Values of Mutual Respect, Individual Liberty, Rule of Law, Democracy and Tolerance.

September Community and Expectations <i>Children will explore their sense of belonging at St Ann's.</i> What makes a good school/classroom? How can we put our school values into action? (Chn to identify a charity and plan a charitable activity to take place in Autumn term) How can we be a positive member of our school community? Mutual Respect Individual Liberty Rule of Law Democracy	October Respect and Diversity Black History Month <i>Children will explore respect for themselves and others, celebrating differences and understanding the diverse community around them.</i> Who are some inspirational Black figures, and what can we learn from them? How can we show respect to people who are different from us? Mutual Respect Tolerance Individual Liberty	November Kindness and Anti-Bullying Anti-Bullying Week; World Kindness Day <i>Children will explore the importance of kindness, understanding the impact of their words and actions on others. They will learn how to recognise bullying behaviour and how to respond safely and appropriately, developing empathy and respect within their school community.</i> How can we show kindness in school? What is bullying, and what should we do if we see or experience it? How can our words and actions affect other people's feelings? Mutual Respect Tolerance Individual Liberty Rule of Law
December Human Rights and Giving Human Rights Day <i>Children will learn about Human Rights as a shared promise that everyone should be cared for, respected, and valued. They will explore how their own actions can help others feel valued, and reflect on what they are thankful for in their own lives, considering how they might share this with others. Building on their work in September, children will complete their charity events.</i> What are Human Rights? What am I thankful for? How can I show someone they are important and valued? Mutual Respect Individual Liberty Rule of Law Tolerance	January Setting Goals and Being Resilient (Growth Mindset and Perseverance) <i>Children will explore the importance of setting personal goals and developing a growth mindset. They will learn that mistakes and challenges are a normal part of learning and that resilience helps them to keep trying, even when things feel difficult. Children will reflect on their own strengths, identify skills they want to develop, and understand how perseverance can help them achieve their goals.</i> What do I hope to achieve this year? What skills and characteristics do I need to succeed? What skills and characteristics do I need when things go wrong? What is a growth mindset? Individual Liberty Respect	February Healthy Relationships, Staying Safe and Wellbeing Safer Internet Day Children's Mental Health Week <i>Children will explore how to build positive, healthy relationships and stay safe both online and offline. They will learn how their interactions with others can affect their feelings and wellbeing, and develop strategies to manage emotions and respond to challenges. Children will gain an understanding of how to look after their mental health, recognise when they may need support, and identify trusted adults they can talk to.</i> What does a healthy online/offline friendship look and feel like? What can I do if I don't feel safe or happy in a friendship when I am online/offline? How can I recognise and manage my feelings? Who can I talk to when I need help? Mutual Respect Individual Liberty Rule of Law Tolerance

March Equality & Aspirations <i>International Women's Day, British Science week,</i> <i>Building on these key events, children will explore aspirations and equality. They will learn about inspirational women and scientists who have made a positive impact on the world, recognising that everyone can achieve their goals regardless of gender or background. Through stories from the Little People, Big Dreams series, children will reflect on their own ambitions and the importance of perseverance and equal opportunities.</i> <i>Individual Liberty Mutual Respect Tolerance Democracy</i> St David, 1st March World Book Day, 7th March St Patrick, 17th March St Andrew, 30th March Mother's Day (4th Sunday of Lent)	April Environmental Responsibilities <i>Earth Day</i> <i>Children will explore the importance of caring for the environment and protecting the world around them. They will learn how their everyday actions can make a difference, including reducing waste, recycling, and looking after their local community. Children will be encouraged to take responsibility for their choices and develop a sense of pride in helping to keep their school and environment clean, safe, and sustainable.</i> Why do we need to look after our planet? How can we help look after our planet? How can our actions make a positive difference to our community? <i>Individual Liberty Respect Rule of Law</i> St George, 23rd April	May Mental Health & Wellbeing <i>Children will develop their understanding of mental health and wellbeing, learning how to recognise and manage a range of emotions. They will explore practical strategies to help them stay calm, positive, and resilient, particularly during times of challenge such as SATs. Children will understand the importance of physical activity, fresh air, and talking to trusted adults, and will be encouraged to look ahead with confidence and a positive mindset.</i> How can I recognise and understand my feelings? What can I do to help myself stay calm and positive? Who can I talk to if I need help or support? <i>Individual Liberty Mutual Respect</i> Water Safety, 20th May
June Health & Lifestyle <i>Healthy Eating Week, 9th June</i> <i>Children will explore what it means to lead a healthy lifestyle, including the importance of balanced nutrition, hydration, regular exercise, and overall wellbeing. They will learn how to make positive choices that support both their physical and mental health. Within this topic, children will also learn about financial wellbeing.</i> What does it mean to have a healthy lifestyle? How can we keep our bodies and minds healthy? Why is it important to respect different lifestyles and experiences? <i>Individual Liberty Mutual Respect Tolerance</i> Allergy Awareness, 15th June Father's Day (3rd Sunday in June)	July Transition & Reflection <i>Children will reflect on their experiences and achievements over the past year, celebrating their successes and recognising how they have grown. They will explore strategies for managing change and transition, helping them feel confident and prepared for the next stage of their learning journey. Children will also consider how they can approach new challenges positively and continue to develop as learners and individuals.</i> St Alphonsa, 28th July What am I proud of achieving this year? How have I grown and developed? How did I deal with difficulty? How can I feel confident and ready for change? How have I helped others? <i>Individual Liberty Mutual Respect Rule of Law</i>	Moveable Date Ramadan and Eid <i>Children will learn about Ramadan and Eid as important events in the Islamic faith. They will explore how Muslims fast during Ramadan as a time for reflection, self-discipline, and helping others. Children will also learn about the celebration of Eid and how families and communities come together. Through this topic, pupils will develop respect for different beliefs and understand how people show kindness, generosity, and gratitude in different ways.</i> What is Ramadan, and why is it important to Muslims? What happens during Eid celebrations? How can we show respect for people who have different beliefs and traditions? <i>Tolerance Mutual Respect</i>