



PSHE Updates Autumn 1

Our Theme is Keeping Safe



This half term, our PSHE learning will focus on **Keeping Safe**. Throughout the school, children will develop the knowledge and skills they need to stay safe, healthy and confident both in and out of school.

Early Years Foundation Stage (EYFS) & Key Stage 1

Children will take part in our **Protective Behaviours** programme, which teaches two important messages:

- **We all have the right to feel safe all the time.**
- **We can talk to someone about anything, even if it feels awful or small.**

Children will also learn:

- Water safety
- Road safety
- Sun safety
- Who they can talk to if they are worried.

Key Stage 2

Children will continue to develop their understanding of staying safe through lessons on:

- Basic first aid.
- Water safety
- Road safety
- Sun safety
- Making safe and responsible choices

Additional Learning Opportunities

Year 3 – Zones of Regulation

Mrs Lusty will deliver the **Zones of Regulation** programme, helping children recognise and understand their emotions, develop self-regulation strategies, and choose appropriate ways to manage their feelings.

Year 5 – Peer Mediation

Children will receive training in **Peer Mediation**, developing skills in communication, listening, problem-solving and resolving disagreements respectfully.

Year 6 – COMPASS Session

Children will take part in a session led by **COMPASS**, learning about the risks associated with drugs, alcohol and vaping, and how to make informed, healthy choices.

Year 6 School Elections

Children will learn about **democracy** by taking part in our school elections, helping them understand fairness, voting and having a voice within our school community.

Year 6 0–5 Scale

The **0–5 Scale** helps children recognise, understand, and communicate their feelings, while learning simple strategies to manage their emotions and know when to ask for help.

How can SCARF at Home help my child?

SCARF at Home offers simple activities to help families support their child's health, wellbeing, and learning at home. With SCARF at Home, you can continue the learning and have fun together!

<https://www.coramscarf.org.uk/family-scarf/scarf-at-home/keeping-myself-safe-3-5-years>

<https://www.coramscarf.org.uk/family-scarf/scarf-at-home/keeping-myself-safe-5-7-years>

<https://www.coramscarf.org.uk/family-scarf/scarf-at-home/keeping-myself-safe-7-9-years>

Childnet International also have [useful information for parents and carers](#) to help you teach your children how to keep safe online. Their Stay Safe Online SMART rules poster is a useful starting point for talking about online safety.



Thank you for supporting your child's learning and wellbeing at home. If you have any questions about our PSHE curriculum, please speak to your child's class teacher—we are always happy to help.

You can also find further information on our school website, including our PSHE policy, curriculum overview, lesson information, and examples of the resources we use to support learning: <https://www.allsaintscephrimaryschoolandnursery.co.uk/pshe>