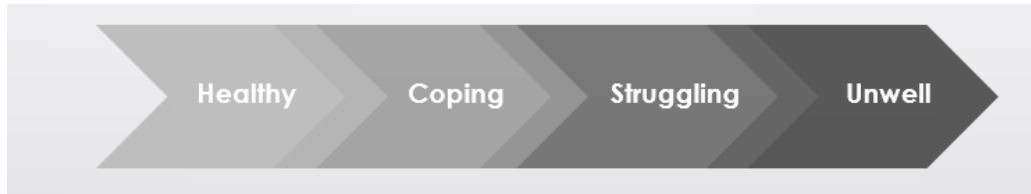


At Bentley CE Primary School, we are committed to supporting the emotional health and wellbeing of our pupils and staff. We know that everyone experiences life challenges that can make us vulnerable and at times, anyone may need additional emotional support. We take the view that positive mental health is everybody's business and that we all have a role to play.



### At our school we:

- help children to understand their emotions and feelings better
- help children feel comfortable sharing any concerns or worries
- help children socially to form and maintain relationships
- promote self esteem and ensure children know that they count
- help children to develop emotional resilience and to manage setbacks

### What we offer

**All Bentley pupils** – Every child is taught using the engaging and high quality teaching resources from [1decision](https://www.1decision.com/).



**Additional support-** For those who may have short term needs and those who may have been made vulnerable by life experiences such as bereavement.

**Targeted support-** For pupils who need more differentiated support and resources or specific targeted interventions such as wellbeing groups or ELSA support.

### Lead staff members:

Mrs Charlie Vogel: PSHE/RSE Lead

Mrs Fran Patey: ELSA (Emotional Literacy Support Assistant)

Mrs Liz Rhodes: SENDco

## Our Curriculum

RSE / PSHE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year R</b>	New beginnings (SEAL)	Me – A special person (Hampshire)	Getting on and falling out (SEAL)	People who help us (Hampshire)	Relationships (SEAL)	Being healthy and safe (Hampshire)
<b>Year 1</b>	Road Safety Healthy Eating	Fire safety – Enya and Deede visit the fire station Bullying	Practise makes perfect Jealousy	Staying safe Online bullying	Money matters Hazards – Is it safe to play with?	Moving on Helping someone in need
<b>Year 2</b>	Tying Shoelaces Washing hands	Friendship Brushing	Water spillage Worry	Image sharing Body language	Money matters Is it safe to drink?	Hoax calling Moving on
<b>Year 3</b>	Leaning out of windows Medicine	Touch Making friends online	Stealing Grief	Computer safety Petty arson	Money Matters Hazard watch	Moving on Texting whilst driving
<b>Year 4</b>	Cycle safety Healthy living Appropriate touch	Cycle safety Healthy living Appropriate touch	Coming home on time Jealousy Online bullying	Coming home on time Jealousy Online bullying	Chores at home Breaking down barriers Moving on	Chores at home Breaking down barriers Moving on
<b>Year 5</b>	Peer pressure Smoking Puberty	Peer pressure Smoking Puberty	Looking out for others Anger Image sharing	Looking out for others Anger Image sharing	Enterprise Inclusion and acceptance Moving on	Enterprise Inclusion and acceptance Moving on
<b>Year 6</b>	Water safety Alcohol Stealing	Water safety Alcohol Stealing	Worry Making friends online	Worry Making friends online	Conception British values Moving on	Conception British values Moving on

We follow the recommended programme delivery from 1decision in most areas, with a few changes to create a more bespoke learning path for our Bentley children.

## Programme Contents



### What topics are covered within 1decision?

- Keeping/Staying Safe
- Keeping/Staying Healthy
- Relationships and Sex Education
- Being Responsible
- British Values
- Feelings and Emotions
- Computer Safety
- The Working World
- Fire Safety
- Mindfulness



*“PSHE education gives pupils the knowledge, skills, and attributes they need to keep themselves healthy and safe, and to prepare them for life and work in modern Britain.*

*When taught well, PSHE education helps pupils to achieve their academic potential, and leave school equipped with skills they will need throughout later life”.*

PSHE Association  
Quality Assured  
Resource

PSHE  
Association

## Useful links

RSE and PSHE Policy Attached

[www.1decision.co.uk](http://www.1decision.co.uk)

<https://www.nhs.uk/oneyou/every-mind-matters/>

<https://www.mentallyhealthyschools.org.uk/>

## An overview of our 5-8 modules

For more information on our resources, please visit: <https://www.1decision.co.uk/resources/our-programme/>

<b>Keeping/Staying Safe</b> <ul style="list-style-type: none"><li>• Road Safety</li><li>• Leaning Out of Windows</li><li>• Staying Safe</li><li>• Tying Shoelaces</li></ul>	<b>Keeping/Staying Healthy</b> <ul style="list-style-type: none"><li>• Healthy Eating</li><li>• Brushing Teeth</li><li>• Washing Hands</li><li>• Medicine</li></ul>	<b>Relationships</b> <ul style="list-style-type: none"><li>• Bullying</li><li>• Body Language</li><li>• Friendship</li><li>• Touch</li></ul>	<b>Being Responsible</b> <ul style="list-style-type: none"><li>• Practice Makes Perfect</li><li>• Helping Someone in Need</li><li>• Stealing</li><li>• Water Spillage</li></ul>
<b>Feelings and Emotions</b> <ul style="list-style-type: none"><li>• Jealousy</li><li>• Worry</li><li>• Anger</li><li>• Grief</li></ul>	<b>Computer Safety</b> <ul style="list-style-type: none"><li>• Online Bullying</li><li>• Image Sharing</li><li>• Making Friends Online</li><li>• Computer Safety Documentary</li></ul>	<b>Money Matters</b> <ul style="list-style-type: none"><li>• Money Matters</li><li>• Access to Nationwide Education resources</li></ul>	<b>Hazard Watch</b> <ul style="list-style-type: none"><li>• Is it safe to eat or drink?</li><li>• Is it safe to play with?</li></ul>
<b>Special Edition Module - Fire Safety</b>			
<ul style="list-style-type: none"><li>• Hoax Calling</li><li>• Petty Arson</li><li>• Enya and Deedee Visit the Fire Station</li><li>• Texting Whilst Driving</li></ul>			

## An overview of our 8-11 modules

For more information on our resources, please visit: <https://www.1decision.co.uk/resources/our-programme/>

<b>Keeping/Staying Safe</b> <ul style="list-style-type: none"><li>• Cycle Safety</li><li>• Peer Pressure</li><li>• Water Safety</li><li>• Keeping/Staying Safe Documentary</li></ul>	<b>Keeping/Staying Healthy</b> <ul style="list-style-type: none"><li>• Healthy Living</li><li>• Smoking</li><li>• Alcohol</li><li>• Keeping/Staying Healthy Documentary</li></ul>	<b>Growing and Changing</b> <ul style="list-style-type: none"><li>• Relationships</li><li>• Puberty</li><li>• Conception</li><li>• Growing and Changing Documentary</li></ul>	<b>Being Responsible</b> <ul style="list-style-type: none"><li>• Coming Home on Time</li><li>• Looking Out for Others</li><li>• Stealing</li><li>• Being Responsible Documentary</li></ul>
<b>Feelings and Emotions</b> <ul style="list-style-type: none"><li>• Jealousy</li><li>• Anger</li><li>• Worry</li><li>• Feelings and Emotions Documentary</li></ul>	<b>Computer Safety</b> <ul style="list-style-type: none"><li>• Online Bullying</li><li>• Image Sharing</li><li>• Making Friends Online</li><li>• Computer Safety Documentary</li></ul>	<b>The Working World</b> <ul style="list-style-type: none"><li>• Chores at Home</li><li>• Enterprise</li><li>• In-App Purchases</li><li>• The Working World Documentary</li></ul>	<b>A World Without Judgement</b> <ul style="list-style-type: none"><li>• Breaking Down Barriers</li><li>• Inclusion and Acceptance</li><li>• British Values</li><li>• A World Without Judgement Documentary</li></ul>