



# Learning for Life (PSHE & RSHE) at Mulbarton Primary School

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults.

- RSHE statutory Guidance

## Intent

Learning for life is woven throughout our whole school curriculum and daily experiences.

Our school ethos:

*We want everyone in our school to be happy, resilient and feel valued, showing respect for each other and the world, we live in. We value diversity and individuality and strive to ensure everyone achieves their full potential in a nurturing atmosphere of support and encouragement.*

Our PSHE curriculum also covers Relationships & Sex Education, Drugs Education and British Values. Some areas of the PSHE curriculum will be taught through other subject areas such as PE; Science; RE; Computing (Online-Safety); Assemblies; Whole school circle time; Creative week; focus days such as Anti-bullying week.

## Implementation

At Mulbarton Primary School we follow the **Zones of Regulation** and **Educator Solutions** schemes, which help children to develop emotional awareness and regulation, self-control, self-confidence, and problem-solving skills.

## The ZONES of Regulation

<b>Blue Zone</b> Sad Bored Tired Sick	<b>Green Zone</b> Happy Focused Calm Proud	<b>Yellow Zone</b> Worried Frustrated Silly Excited	<b>Red Zone</b> Overjoyed/Elated Panicked Angry Terrified

We teach Zones of Regulation lessons on a weekly basis. This programme helps children by teaching them to identify their emotions, understand what triggers them, and learn strategies to manage their feelings and behaviours. It uses four colour-coded zones to represent different emotional states. This empowers children to develop self-regulation skills for better focus, problem-solving, and social interaction. In each classroom we have a calm corner. Here, we display an interactive Zones of Regulation display with the 4 different zones so that the children can easily show and talk about how they are feeling throughout the day.

In addition to this, every day each class picks at random, a 'Child of the Day'. This child will have special class privileges and receive compliments from the other children and staff.

**RELATIONSHIPS & SEX EDUCATION** -Throughout the year we will cover sessions on 6 areas in each year group at an appropriate level, we will teach a session during the first week of each half term. These are:

- My feelings
- My body
- My Relationships
- My Beliefs

- My rights and responsibilities
- Asking for help

Correct vocabulary will be taught for body parts. Whilst it may be appropriate to use nicknames for body parts at home, in school it is essential to learn and use the correct terminology. This ensures universal understanding, clarity, respect and manners. In KS2, some classes may be delivered in single sex groups. Classes will establish a set of agreed ground rules to be followed during RSE sessions.