



PSHE at St Helens Primary



PSHE – Personal, Social, Health and Economic education is embedded through a variety of experiences such as wellbeing days, assemblies, trips, visitors and weekly timetabled PSHE lessons following our whole school SCARF (Safety, Caring, Achievement, Resilience, Friendship) scheme of work.

Some examples of what we have been up to this year!

Wellbeing Days at St Helens

Wellbeing is always the forefront of our daily priorities for all children and staff within our school. In addition, we plan termly wellbeing days which each have a different focus. Our most recent focus was water safety with a visit and workshop provided by the RNLI.

Gardening & The outdoors

- ***Benefits that gardening has for children.***
- Improves mood and reduces stress. **2.** Gardening is a form of exercise **3.** Get closer to nature. **4.** Encourages healthy eating **5.** Encourages sensory development. **6.** Allows you to spend quality time together **7.** It's fun.

Children can participate in gardening each lunch time with Mrs Yardley & Mrs Jenvey. They grow a variety of flowers and vegetables which they enter the Chale Show every summer.

Children also have gardening and outdoor learning opportunities throughout the wider curriculum such as Science, Maths, Geography, Wellbeing days and so on.

We have also been developing our outdoor learning area located at the end of the school field which will offer children a variety of outdoor learning opportunities.

Visitors & Our Local Community

This year we have had a variety of visitors to St Helens such as the RNLI, Bembridge Librarians, Nurses, Dental Nurses, Police, Wight Sight, Ryde Lifeguards, The Local Tree Planting Project, The Bike Ability Scheme & Environmentalists.

Children have also been busy visiting our local community and further afield around the island on a variety of school trips.

Beach School was held at local beach, visits to our local library, shop, post office and field work around the village.

Barbie School of Friendship

Barbie School of Friendship marks brand's first ever educational resource. Centered upon kindness, empathy and friendship, the Barbie School of Friendship is based on neuroscientific research to help children develop important social skills.

The program has been built on neuroscientific research commissioned by Mattel and undertaken by Cardiff University which found that doll play activates brain regions associated with social information processing, such as empathy. The research shows that when children create imaginary worlds and role-play with dolls such as Barbie, it prompts them to talk about thoughts about others' emotions and feelings. This can have positive and long-lasting effects on children, building social and emotional processing social skills.

