

Upper School PSHE/PD themes.



These themes run on a rolling plan over the year. Each theme will be promoted over a 2 week period by all staff.

Theme introduction	The bi-weekly theme will be introduced in the Upper School assemblies. This will emphasise the link between the theme and the Curnow Code. It will also be shared with parents via a group text/dojo message allowing the theme to be promoted at home. Key language and 'what we will be looking for' will be shared with students and staff.
Theme development	Over the 2 week period staff and parents are invited to promote the theme wherever appropriate. For example, a 'sharing' theme will be promoted at play and leisure times or during group work using shared resources. The staff and parents and students who are able are encouraged to use the student nomination box to write a note stating where they have seen students or staff showing good sharing.
Theme completion.	During the Key Stage assembly the lead teacher will share the notes from the nomination box to celebrate good behaviours. These will also be used as the basis for some of the head teacher certificate awards.

PSHE links refer to the PSHE association SEND scheme unit headings. For further details go to - <https://pshe-association.org.uk/resource/planning-framework-pupils-with-send>

Theme heading.	PSHE/Curnow Code link.	Key language/signs.
Try our best in our learning.	SA2/To always try our best.	Think, listen, look, work hard.
Say how you feel.	MF2/To learn how to cope when things go wrong.	Feelings, angry, excited, disappointed.

Celebrating differences.	SA3/To be kind and thoughtful to others.	Same, different, accept, celebrate.
Healthy eating.	HL1/To be happy and healthy.	Healthy, traffic lights (food labels), choice, like/dislike.
Practicing and sharing talents.	SA1/To always try our best.	Talent, practice, show, share.
Learn a mindfulness trick.	SA4/To be happy and healthy.	Mindfulness, relax, wellbeing, focus.
Random act of kindness.	CG2/ To be kind and thoughtful to others.	Kindness, act, others, thoughtful.
Being active.	HL3/ To be happy and healthy.	Exercise, out of breath, rest, healthy.
Be a friend to everyone.	MF1/ To be kind and thoughtful to others.	Kind, friend, thank you, sorry.
Accepting that everyone is different.	WILI1/Be a good friend.	Different, same, share, help.
Lend a helping hand.	CG2/ To be kind and thoughtful to others.	Help, job, kind, thank you.
Try something new.	HL1/ To always try our best.	Try, practice, sport, hobby.
Practice a mindfulness technique.	SA4/To be happy and healthy.	Mindfulness, relax, wellbeing, focus.
Say hello to someone new.	SA5/To always show people how good our school is.	Hello, shake hands, welcome, chat.
Show your independence!	SA1/ To always try our best	Independent, try,
Reasons to be cheerful – class gratitude's.	HL2/ To be happy and healthy.	Happy, grateful, celebrate, share.
Summer safe!	HL1/ To be happy and healthy.	Sun, sun cream, hat, cover up.
Let's get physical!	HL3/ To be happy and healthy.	Exercise, out of breath, rest, healthy.