

Personal Development and Safeguarding in the Curriculum at Forest Lodge Academy

This document maps the personal development programme at Forest Lodge Academy incorporating the teaching of statutory relationships education, health education and non-statutory relationship and sex education (RSE DfE July 2029), PSHE, British Values, Global Citizenship and Protected Characteristics as well as highlighting safeguarding within the curriculum .

Teaching across school supports pupils to grow into kind, caring adults who have respect for others and themselves. Through the personal development programme pupils will know how to keep themselves and others safe. As a school will be sensitive to individual pupil circumstances and different family types including same sex, grandparents, young carers, kinship carers, adoptive and foster parents/carers. Lessons in PSHE will focus on boundaries, privacy and children's rights over their own bodies and personal information. Pupils will also recognise emotional, physical and sexual abuse and understand what bullying is including the use of derogatory terms relating to sex, race disability or sexual orientation. Pupils will know how to report concerns and seek advice. Teaching also emphasises the relationship between physical health and mental health and wellbeing. Content will be predominantly taught through the renowned Jigsaw PSHE programme with adaptations and additional lessons centred around our school context and key local and national events. Lessons are designed sensitively with our school context and pupils in mind with the aim of not causing unreasonable alarm. Lessons will be age and stage appropriate and respectful of all children.

[Relationship and Sex Education \(RSE\)](#)

Sex education is not compulsory in primary schools. The DfE recommends that all primary schools should have a sex education programme tailored to the age and physical and emotional maturity of pupils. It should ensure that boys and girls are prepared for the changes that adolescence brings drawing on the knowledge e.g. in the human life cycle set out in the National Curriculum for science, how a baby is conceived and born. During the last year we have carried out a comprehensive consultation process with parents/carers and our school community regarding the new statutory changes to relationships education, relationships and sex education (RSE) and health education and have developed a policy and teaching materials based on this.

Pastoral Care, Mental Health and Wellbeing

The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing. It should enable them to recognise what is normal and what is an issue in themselves and others and when issues arise, how to seek support as early as possible from appropriate sources. Physical health and wellbeing is interlinked and it is important that pupils understand that good physical health contributes to good mental wellbeing and vice versa. We work to reduce stigma attached to health issues in particular those related to mental wellbeing and encourage an atmosphere that engenders openness. A mental health and wellbeing policy has been created and shared with staff, and a dedicated team of Mental Health First Aiders work across school to support pupils and participate in key dates (e.g. : mental health week, hello yellow day). Senior leaders have undertaken DfE mental health leader qualification. A robust pastoral referral scheme is in place which signposts pupils to the most effective support available in school such as ELSA group therapy and grief therapy groups. An inclusion team meets once a month to discuss caseload ensuring cohesion and connectivity in regard to pupil care which is tracked.

Protected Characteristics

There are nine protected characteristics under the Equality Act (2010): age, disability, sex, pregnancy and maternity, marriage and civil partnerships, sexual orientation, religion or belief, race and gender reassignment. Schools should demonstrate that no form of discrimination is tolerated and that pupils show respect. At Forest Lodge Academy we ensure that our children are given opportunities to develop age-appropriate knowledge and understanding through a well-planned and delivered curriculum, through PSHE dedicated lessons, through assemblies and the ethos of our school. For example in the Jigsaw 'celebrating difference' modules we explore challenging assumptions, accepting self and others, bullying, racism, respecting cultures, conflict and empathy. We believe that children should be able to recognise themselves and their circumstances so that their lived experience is valued and validated.

Global Citizenship, Diversity and Cultural Representation

It is crucial to recognise that pupils have knowledge and understanding of the wider world they live in. At Forest Lodge Academy we work to ensure that pupils are aware of their role as global citizens. Lessons are carried out in class, links made on planning flip charts in specific lessons across the curriculum and through the assembly programme. We have focused on diversity, cultural representation and respect in school following on from our work with Protected Characteristics. Links have been made with existing Jigsaw topics to make explicit the teaching of cultural diversity and ensuring that pupils feel valued and recognised in schools. Each year we carry out culture day across school celebrating our individuality and many assemblies are pupil led highlighting their leadership and voice. Reading areas have been updated with diverse texts and we have explored unconscious bias as a school. Pupils have participated in pupil voice interviews and informal class discussions about if they feel valued and represented in school.

Taught PSHE, SMSC and Additional School Events

Statements in red= Safeguarding

Statements in green=Global Citizenship and Cultural Diversity

Statements in blue= British Values, Protected Characteristics.

Orange= Enterprise and Enrichment/Careers

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PD/PSHE/SMSC Theme	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Whole School Events	McMillan coffee morning Harvest collection for the community foodbanks Year 1 Fire service Culture day Year 5 Assembly showcase Year 6 Assembly showcase	Hello Yellow mental health day Global mental health week work Anti-bullying week (Kindness Crew) Nursery and Reception Christmas performances Year 5 performance to parents/carers Christmas activity day Pantomime for whole school NSPCC assembly Children in Need fundraising Black history month	On-line safety day and on-line safety competition Children's mental health week Ramadan assembly by pupils.	Science Week-whole school and parent events in Year 3 and 4 Easter competition Easter assembly by pupils	Year 4 Performance to parents/carers Dogs Trust dog safety Samworth TAC truck safety training and careers Year 3 performance to parents/carers London-houses of parliament and Kings gallery trip (school council). Colour dash Former pupil careers visit assembly Times tables rock star day	SRE Lessons across school Year 6 graduation Year 2 graduation Enrichment end of year trips Enterprise/ Reaching out week Summer fair (enterprise/careers)
Enrichment Opportunities	Enrichment opportunities in each year group throughout the year (trips and workshops). Enrichment events in school (workshops) subject related and PE. Enrichment clubs across school (after school) based on pupil interests. LEAD Academy Trust enrichment events with Leicester City Schools and school council members (4x year). School council trips (e.g.: houses of parliament).					
Nursery & Reception	Self identify Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal setting Overcoming obstacles Seeking help Jobs and careers Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships and breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations

Year 1	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the difference in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/Safe with household items Road safety Linking health and happiness	Belonging in a family Making friends/ being a good friend Physical contact preferences People who help us Qualities as a friend and person Self acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles- animals and human Changes in me Changes since being a baby Differences between male and female bodies (correct terminology) Linking growing and learning Coping with change Transition
Year 2	Hopes and fears for the year Rights and responsibilities Rewards and consequence Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operations Contribution to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition/healthier snack and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) –see FLA planning Assertiveness Preparing for transition
Year 3	Setting personal goals Self-identify and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child centred) Witnessing bullying and how to solve it Recognising how words can be hurtful (including addressing homophobia) Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and offline scenarios Respect for myself and other Healthy and safe choices	Family roles and responsibilities Friendship and negation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby outside body changes and inside body changes Challenging stereotypes Preparing for transition
Year 4	Being part of a class team Being a good citizen Rights responsibilities and democracy Rewards and consequences Group decision making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience's Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty -See FLA Planning Confidence in change Accepting change Preparing for transition Environmental change
Year 5	Planning the forthcoming year	Cultural differences and how they can cause conflict	Future dreams The importance of money	Smoking including vaping Alcohol	Self-recognition and self-worth	Self and body image

	Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice Participating	Racism Rumour and name calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Building self esteem Safer online communities Rights and responsibilities Online gaming and gambling Reducing screen time Dangers of online grooming SMART Internet Safety rules	Influence of online and media on body image Puberty for girls and boys Conception (Including IVF) -See FLA Planning Growing Responsibility Coping with change Preparing for transition
Year 6	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-Social behaviour Role-Modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/Exclusion Differences as conflict Difference as celebration Empathy	Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievement Compliments	Taking personal responsibility How substance affect the body Exploitation including county lines and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth -See FLA Planning Reflections about change Physical attraction Respect and consent Sexting Transition