



Our Vision for PSHE and RSE at Western Road Community Primary School



At Western Road School we hold a passionate belief in the development of the whole child - academically, physically, socially, spiritually and emotionally. We strive to ensure that every child feels happy, safe, respected and healthy. We aim to equip children with the skills, knowledge and attitudes to ensure that they will be able to make decisions that will keep their bodies and minds healthy. We hope that children will be able to enjoy safe and positive relationships, celebrate diversity and develop high levels of independence which will support them to manage their lives now, and in the future.

At Western Road, PSHE and RSE are embedded throughout our curriculum, as well as in stand-alone lessons. Our termly values underpin our 'whole-child' approach; Well-round; Resilient; Courageous; Pupil Voice; Skilled and Lewes and Beyond. Units of work are repeated every year to build on children's knowledge and skills. These include a focus on:

- Family and Relationships
- Health and Well-Being
- Safety and the Changing Body
- Citizenship and Belonging to a Community.



Zones help you to express feelings. It's important so it doesn't hang around in your mind – someone can help you.

Year 2



Anyone can be on any Zone any time but we have learnt that there are things you can do to help you get in the green zone and calm down, like have a hug, take a break, go for a walk, maybe take a rest.

Year 5

The **ZONES** of Regulation™



We teach children in our school to communicate their feelings through the 'Zones of Regulation.' This is a program which helps children to self-regulate and find strategies to manage different emotions.