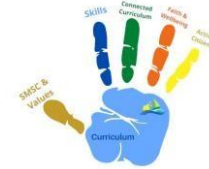




Why SPACE?

Personal Development Programme



Faith and Wellbeing

A message from Mrs Rosso, our SPACE lead

SPACE is a combination of two subjects: RSHE (Relationships Sex and Health Education) and LLS (Learning and Life Skills). RSHE teaches children about relationships and how to be healthy – both physically and mentally and LLS teaches our children to become good members of the community. Our end goal is to grow children who know how to be safe and healthy. Children, able to manage their academic, personal and social lives in a positive way.

Design and Do

At Darlinghurst, children are encouraged to develop resilience and character through a bespoke, age-appropriate programme (SPACE) to become happy, successful and active members of society. SMSC, British Values, Learning and Life skills and our Academy Values build the foundations of our personal development programme. A focus on mental well-being is central in these subjects and children are made aware of the importance of physical health. All SPACE lessons are taught weekly from EYFS to Y6 and are relevant to real world life situations, carefully mapped out so that key skills and knowledge are interwoven across units and revisited over time to deepen learning. Children engage with scenario-based enquiries, testing their prior knowledge and final reflections; they build upon and develop their vocabulary within context given. Assemblies support our SPACE curriculum.

SPACE lessons teach children to reflect upon the key building blocks for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. Children's progress can be seen between their first and final thoughts either within a lesson or across a unit of work. It is essential that children learn how to be healthy both physically and mentally, managing money and how to become a good member of our community. A strong focus on identifying friendships and relationships is revisited each year, building on the understanding of how to be a good friend and recognising these qualities in others. Children are taught how to identify a range of feelings and emotions and practice applying these in different situations. Stereotypes are explored and reflect upon; children know what makes them special and understand why it is important to celebrate differences and have a sense of belonging. Through the explicit referencing of our 'Rainbow Words', children learn about personal attributes that support personal development: respect, honesty, integrity etc. Our SPACE lessons and wider curriculum provide fundamental building blocks that enrich cultural capital and support the characteristics of positive relationships, with reference to friendships, family relationships, and relationships with other children and with adults; leading confident, healthy and independent lives.

The three core themes of primary school RSHE covered are:

1. Health and Wellbeing
2. Relationships
3. Living in the Wider World: economic wellbeing and being a responsible citizen.

LLS aims to give children the skills to become more independent, resilient and aspirations individuals, preparing for change the wider world. Learning and Life skills support SPACE lessons by teaching children to:

1. Learning together
2. It's up to me
3. Becoming better learners
4. Knowing me, knowing you
5. Think, Think, Think
6. Speaking and listening

Each SPACE lesson begins with an establishment of rules and expectations of discussions, encouraging openness and respect.

- We listen to each other
- We join in and share our thoughts
- We know there are different answers
- We can disagree or agree as long as we are respectful

- We can change our minds
- We are a listening school and can talk about anything that worries us.

We believe that through experiences and support our children gain a full range of skills and qualities that they need to grow and a sense of humanity – the ability to respect and be caring individuals. They know that their actions make a difference and actively play their part. Our children are emotionally resilient, confident and articulate, prepared for change with the character to succeed in the complex world they live in.

Difference

Children gain a strong sense of wellbeing where their resilience and character are developed and they become happy, successful and productive members of society. Over time, children's knowledge and skills advance and deepen as they focus on mental well-being and physical health. Children understand that healthy respectful relationship, in all contexts, including online are important to leading a balanced lifestyle. Developing an essential understanding of how to be healthy both physically and mentally, managing money and how to become a good member of our community enables our children to be prepared for change and for the next stage in their lives. Children at Darlinghurst learn to regulate their feelings and emotions and how to apply these in different situations, supporting a sense of belonging within the community and understanding of difference and uniqueness.

SPACE lessons support the development of children's health and wellbeing, their resilience and character. They grow into happy, successful and productive members of society, building strong relationships with others and broadening their outlook on life, acting responsibly towards others and growing up to be caring and responsible individuals. Children are reflective learners and review prior understandings. They take time to modify their understandings, choices and beliefs, considering different viewpoints and information. At the end of their primary education our children begin secondary school with a strong understanding of self and those around them in the world and the impact and difference their choices and attitudes can make.

Our children are effective contributors who make connections and care for others and the world, supporting change. They become healthy, resilient and creative learners.

'Achieving Excellence Together'

Reflections and Celebrations

Examples of SPACE

In the Early Years children learnt about keeping healthy and safe; focusing on **oral hygiene** and how to identify different **emotions** and who can keep me safe. Children learnt about **relationships** by looking at their own families and compared them to other families, noticing differences and similarities and that it is ok to be different, **celebrating differences**. When looking at the wider world, children explored the **British value – 'rule of law'** and explored the need of having rules. Children looked at different ways of helping others and the **environment**.

Year 1 children revisited how to **keep healthy and safe**, developing this understanding by looking more closely at hygiene: germs and eating a balanced diet. Children deepened their learning about **safety** and **managing emotions**. Children began to explore what they were good at, **setting goals** for themselves. Within relationships, children explored whether or not we are all the same, understanding that we are unique and that families are similar yet different, **celebrating these differences**. Children revisited the **British value of 'mutual respect'** and learnt about **money**.

Year 2 children revisited **oral hygiene** its benefits. They explored **emotions**; looking at how this is linked to the brain and the different ranges of emotions we experience. Children looked at who can support you outside your small circle of support i.e., **emergency services**. Children learnt about looking after their body and began to learn about the **body parts** and what growing up means. In **relationships**, children learnt about healthy family life and what it means to hurt someone's feelings. The idea of 'play' was explored; turn-taking and sharing, 'teasing' and 'bullying' and being unique and special - **challenging stereotypes**. Children explored **'identity'**, exploring the **British value of 'individual liberty'**. Children explored what makes a good member of the community and began to think about their role they would play within the community; **careers and aspirations**.

Year 3 children deepened their understanding of a balanced diet and **healthy choices**. Emotions were explored and appropriate and measured reactions were considered - **regulating** these. The idea of empathy was explored alongside manners and courtesy. Children deepened their understanding of the term **'bullying' online and offline** and who to go to for help. Basic first aid was introduced to children and allergies were explored. Within relationships, children looked closely at **'stereotypes'** and explore positive relationships. Children learnt about how their behaviour could affect others and ways in which to develop their own self-esteem. Living in the wider world taught children about the differences of low- and high-income families within our community and exploring the idea of **charities** and how these can support families. **The British value of 'tolerance'** was investigated, and children explored how this value could help build a stronger community. Children learnt about truthfulness, honesty and integrity and how these qualities build a stronger community. Children learnt about **finance** and how to manage this, including saving for your retirement.

Year 4 children learnt about the importance of sleep, deepened their understanding of oral health and a **balanced diet** by planning a series of balanced meals. Children explored balanced and healthy lifestyle and learnt about drugs and their effects. Children considered **changes in lifestyles** and how this could make you feel, dealing with emotional challenges. Children learnt about **keeping safe online and offline** and ensuring that they keep their personal and body parts private and safe. Children explore the idea of 'secrets' and knowing when to take a step back when making choices and looking to review conflicts, knowing when to compromise within **relationships** with others. **Diversity and the British value - 'democracy'** was a focus. Children learnt about the role technology plays in our everyday lives and what a **budget** is and why it is useful to have one.

Year 5 children learnt and revisited **oral hygiene** and tooth decay, a balanced diet (calory intake) and why **sleep** is important. Children learnt about vaccines and allergies and who to ask for help (mental and physical) when out and about. **Bullying** (online and offline) was explored further and the effects of these were considered. Emotions linked to mental ill-health were explored and children looked closely at changes of puberty that they would undergo. The ideas of **empathy and self-respect**, looking at disagreements and consequences of actions were studied in relationships. Marriage and the protected characteristic were explored. Children considered differing beliefs of people and that we can agree/disagree respectfully. The **British value 'rule of law'** and what basic human rights are were explored. Children revisited rainbow words: honesty, respect, integrity and generosity and how this helps you to be a good member of the community. Children looked at the concepts of **money management**, loans, debts and taxes.

Year 6 children learnt about body image and mental/physical health. They looked at the effects of illegal drugs and addictive substances, recognised the early signs of physical illnesses and considered actions that can improve **mental health**. Children carried out basic **First Aid** training. Children revisited lessons on peer pressure and bullying and what to do to get help. What makes a healthy relationship (online and offline) and learn how to report. Children learn that it is ok to be different and to celebrate being unique – linking to protected characteristics. **All British Values** were revisited and how they are special and unique to our country. Children revisit human rights and looked closely at the **rights** of the child. An awareness of technology and its pressures were highlighted, and children were taught how to manage this. World impact of **money** was considered and the impact this has on daily life. **Puberty** was further explored and followed on from previous learning where children learn about sexual intercourse and birth.

SPACE Gallery

Useful Websites

www.fpa.org

www.pshe-association.org.uk

www.mentalhealth.org.uk









