



### A message from Miss McCrory

Space is a combination of both the PSHE and RSE curriculums within our school. I feel passionately that our curriculum enables children to be successful learners who are prepared for change and are confident individuals, ready to contribute to society. I believe that this strong foundation will set them up with the skill they need for the rest of their lives.

### Design and Purpose

To provide intentional experiences for children related to Space to help prepare them as life-long learners. Children will, have a sense of wellbeing; develop resilience and character through a bespoke, age appropriate programme to become a happy, successful and productive member of society.

All Space lessons are relevant to the real world and real life situations making links to other aspects of the curriculum and learning and life skills. This is particularly important with reference to Covid-19, allowing for discussion and questioning in a safe environment. A focus on mental well-being is central in these subjects and children should be aware that this is as important as physical health.

Space should teach about the key building blocks for healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside essential understanding of how to be healthy.

Across the year groups, in RSE, there is a strong focus on identifying positive friendships and relationships. They use scenarios to help them understand how they can be a good friend as well as what makes somebody a good friend to them. There is also a strong focus on 'feelings' and how to deal with them in different situations. Across the spring term, there is a strong focus on celebrating differences. Children will explore stereotypes and reflect upon what makes themselves special. E-safety is a continual focus throughout the year and they will discuss who they can go to if they need support. In the summer term, children learn about the body. The content is built upon as the children move up through the school and covers body parts, changes and how to look after your body.

The PSHE curriculum is made up of three strands. Health and wellbeing, which looks at healthy diet, sleep and exercise. Relationships, which focuses on understanding others perspectives and developing cohesive relationships. Living in the wider world, which develops understanding of why rules are important, how we can contribute effectively to society and an appreciation of the place of money in our society.

### Termly Reflections

#### Autumn Term

Our shaping the future celebration in September really launched the key message that 'There is only one you'. Celebrating everybody's unique talents, accomplishments and cultures is at the heart of our Darlinghurst values. The weekly lessons have given the children opportunities to discuss; debate and problem solve using different scenarios providing opportunities to share their ideas and opinions and know that these are listened to and respected by everyone. The focus on friendships, routines and keeping your brain healthy in different ways has meant children transitioned back into their school routines easily.

The skills developed throughout the lessons is evident across the school with many children joining clubs, devoting their time as peer mentors or making a difference at eco club. The continuation of 'the mindful minute' gives the children time to reflect, regroup and focus on being ready for learning. The children are encouraged to use this strategy in necessary times of calm.

### Spring Term

Darlinghurst Academy has been empowering children to express themselves and celebrate their uniqueness. This has been through a series of events and linked to National days and awareness campaigns such as LGBTQ+ History Month, International Women's Day and the 'Let Girls Play Campaign'. The Academy has been a hive of activity including homework projects engaging all families. Collectively, in assembly children have sung, with gusto, along to the words, 'You are you, I am me, celebrate variety. Let love shine through. You are you, I am me, rich in our diversity, together we make harmony...uniqueness gives us power!'

The known lyrics were used as a stimulus for Variety Week, to encourage children to express themselves with a special task set across the academy for children to create a piece of homework to celebrate individuality. This open-ended task led to an array of work in multiple mediums: from posters and poems, collages, biographies, videos of songs, raps and performance. Not only did the children embrace the opportunity to express themselves to share with others but it provided a platform to express their beliefs or hopes for the future; for a world of tolerance and mutual respect of difference and celebrating diversity. It was a powerful project with a personalised approach. The children shared their work with their classmates and staff with pride.

At Darlinghurst, we learn from the example of successful people and during events like this, children feel empowered by examples within the community and the wider world. This included the life and works of Sir Elton John and Tom Daley during variety week and influential women on International Women's Day. The children learned about gender equality for a fairer world, including standing together in solidarity striking the pose #breakthebias. Children heard stories about challenging gender stereotypes from the book 'My Shadow is Pink' by Scott Stuart and engaged in assemblies around this theme.

### Difference

How it helps children to be...

**Successful learners** – The curriculum helps children to have a good understanding of their own feelings as well as recognising those of others.

**Prepared for change** – The children will be able to adapt to different life situations and have the skills to mend or change relationships that are not making them happy.

**Active Citizens** - By celebrating individuality and difference, the children will grow confidence to express their opinions and share their passions with enthusiasm and pride.

**Confident Individuals** – They have the opportunity to express themselves in class discussion and be proud of their similarities and differences and how this enables them to be global citizens.

**Effective Contributors** – They will develop the skills to articulate their thoughts and views with maturity whilst being able to respect other people's views. They will be able to work well with different children in the classroom, enhancing their learning.

### Useful websites

[www.fpa.org](http://www.fpa.org)

[www.pshe-association.org.uk](http://www.pshe-association.org.uk)

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### Gallery



