

PSHE Overview 2020 - 2021

Term	Theme	Date
Autumn 1	Connect	Wednesday 2 nd September – Wednesday 21 st October
Autumn 2	Be Active	Monday 2 nd November – Friday 18 th December
Spring 1	Take Notice	Monday 4 th January – Friday 12 th February
Spring 2	Be Creative	Monday 22 nd February – Friday 26 th March
Summer 1	Give	Monday 12 th April - Friday 28 th May (<i>Bank Holiday Monday 3rd May</i>)
Summer 2	Keep Learning	Monday 7 th June - Friday 16 th July

Additional Days

Autumn Term

Tuesday 15th September- World Democracy Day

Throughout the month of October- International School Libraries Month/Black History Month

Monday 5th October – Teacher's Day

Saturday 10th October- World Mental Health Day

Monday 9th November- World Freedom Day

Monday 16th November – Friday 20th November- Anti Bullying Week

Tuesday 1st December- World Aids Day

Wednesday 2nd December- International Day for The Abolition of Slavery

Thursday 10th December- Human Rights Day

Spring Term

Wednesday 6th January - Epiphany

Wednesday 27th Jan- Holocaust Remembrance Day

Sunday 7th February- Time to Talk Day

Friday 12th February – Chinese New Year

Sunday 21st February – International Mother Lang

Thursday 4th March – World Book Day

Monday 8th March – International Day of Women

Sunday 14th March – Mothering Sunday

Wednesday 17th March -St Patrick's Day

Sunday 21st March – World Poetry Day

Summer Term

Thursday 13th May – Eid

Saturday 5th June – World Environment Day

Saturday 12th June – World Day Against Child Labour

Sunday 20th June- Father's Day

Tuesday 22nd June – Windrush Day

Wednesday 23rd June – Public Service Day

Thursday 15th July-World Youth Skills Day

Autumn Term 2020			
PSHE Overview Half Term 1			
Half Term 1 Theme: Connect			
Half Term	Week	W/C	Weekly Theme
Half Term 1	1	2 nd Sept	Welcome Back & Settling In
	2	7 th Sept	British Values Recap <ul style="list-style-type: none"> • Democracy • Individual liberty • The rule of law • Mutual respect and tolerance
	3	14 th Sept	My Own Values <ul style="list-style-type: none"> • Tolerant • Responsible & Respectful • Bystander syndrome or active citizen?
	4	28 th Sept	Healthy Heads and the Six Ways to Wellbeing <ul style="list-style-type: none"> • Connect & Move • Notice & Learn • Give & Create
	5	5 th Oct	To Change Your Life, Change Your Habits <ul style="list-style-type: none"> • Be yourself & take care of you • Discuss problems & reflect
	6 & 7	12 th & 19 th Oct	World Mental Health <ul style="list-style-type: none"> • YoungMinds

Autumn Term 2020			
PSHE Overview Half Term 2			
Half Term 2 Theme: Be Active			
Half Term	Week	W/C	Weekly Theme
Half Term 2	8	2 nd Nov	Active Body, Active Mind <ul style="list-style-type: none"> • Positive thinking • Self-awareness & screen-time
	9	9 th Nov	The Way to Wellbeing <ul style="list-style-type: none"> • Mindfulness • Acknowledge my feelings • Accept my feelings
	10	16 th Nov	Anti-Bullying Week <ul style="list-style-type: none"> • Change starts with me • All together • Keeping me safe online
	11	23 rd Nov	Personal Health and Hygiene <ul style="list-style-type: none"> • Puberty • Relationships • Child sexual exploitation
	12	30 th Nov	Seeking Shelter <ul style="list-style-type: none"> • Britain's Christmas homeless crisis • Homeless children at Christmas
	13 & 14	7 th & 14 th Dec	Seeking Shelter <ul style="list-style-type: none"> • Offering food and vital services in Blackburn

Spring Term 2021

PSHE Overview Half Term 3

Half Term 3 Theme: Take Notice

Half Term	Week	W/C	Weekly Theme
Half Term 3	15	4 th Jan	Families and Belonging <ul style="list-style-type: none"> • What is a 'family' • Coping with comparison • Looking after my family
	16	11 th Jan	Body Positivity <ul style="list-style-type: none"> • The acceptance of all bodies regardless of physical ability, size, gender, race or appearance
	17	18 th Jan	Careers Week <ul style="list-style-type: none"> • Exploring careers • Making career choices • Skills assessment • Getting a job & progressing my career
	18	25 th Jan	Holocaust Remembrance Day <ul style="list-style-type: none"> • Victims of the Holocaust • Remember • War & oppression around the world today
	19	1 st Feb	MANUP Campaign <ul style="list-style-type: none"> • Break out of the gender box • Begin your champions journey • Live up to your full potential
	20	8 th Feb	Safer Internet Week <ul style="list-style-type: none"> • Online reliability • Separating fact from fiction - question, challenge and change

Spring Term 2021

PSHE Overview Half Term 4

Half Term 4 Theme: Be Creative

Half Term	Week	W/C	Weekly Theme
Half Term 4	21	22 nd Feb	Careers Week
	22	1 st Mar	The Money Side of Things <ul style="list-style-type: none"> • Healthy approaches to money • Budget or debt • Mortgages
	23	8 th Mar	How to Manage Stress <ul style="list-style-type: none"> • Identify your triggers • Organise your time • Accept things you cannot change • Have courage to change the things you can
	24	15 th Mar	Census 2021 – Br Part of History <ul style="list-style-type: none"> • What the census is. • Who is included and why.
	25	22 nd Mar	Learn eagerly, reflect wisely <ul style="list-style-type: none"> • What motivates me to learn • Learning to think and how to react • Taking advantage of all the opportunities around me

Summer Term 2021

PSHE Overview Half Term 5

Half Term 5 Theme: Give

Half Term	Week	W/C	Weekly Theme
Half Term 5	26	12 th April	Prevent <ul style="list-style-type: none"> Prevent, pursue, protect, prepare (4Ps) The use of social media for online radicalisation Challenging extremism & gang activity
	27	19 th April	Change <ul style="list-style-type: none"> Loss and change are part of life How to deal with the feelings which last Dealing with my emotions
	28	26 th April	Young Carers <ul style="list-style-type: none"> Supporting carers to support those for whom they care & ways to cope Dealing with my emotions
	29	4 th May	Bullying <ul style="list-style-type: none"> Bullying in any form is hurtful and unacceptable so why do people bully? Why do I put up with it? Bullying can happen to anyone at any time
	30	10 th May	Happiness is being linked to others <ul style="list-style-type: none"> Forming positive relationships What makes a good friend
	31	17 th May	Hobbies <ul style="list-style-type: none"> Discovering a new passion Learning for pleasure or relaxation
	32	24 th May	Exam Preparation <ul style="list-style-type: none"> Identifying the signs of exam stress Supporting friends with exam stress Revision techniques Planning time & building in relaxation My exam buddy

Summer Term 2021

PSHE Overview Half Term 6

Half Term 6 Theme: Keep Learning

Half Term	Week	W/C	Weekly Theme
Half Term 6	33	7 th June	Drug Awareness/Substance Use Disorder <ul style="list-style-type: none"> What leads to addiction? Inability to control the use of legal or illegal drugs/medication The brain and drugs & prevention
	34	14 th June	Alcoholism <ul style="list-style-type: none"> Dealing with addiction to drinking Alcohol and mental health Weight gain
	35	21 st June	Public Service <ul style="list-style-type: none"> The concept of public service What does public service mean to me? Serving all members of the community
	36	28 th June	Social Issues <ul style="list-style-type: none"> The importance of taking care of the environment and making a difference Helping to save the environment in my daily life Recycling and more
	37	5 th July	Reflecting on my year at OLSJ <ul style="list-style-type: none"> How did I grow in the past year? Triumphs & improvements
	38	12 th July	Reflecting on my year at OLSJ <ul style="list-style-type: none"> Bringing closure to the year & my plans for me