HEATHROW PRIMARY – A Triple A School.

Attitude Achievement Aspiration

At Heathrow Primary School, PSHE underpins our whole school philosophy to equip children with the tools to thrive in today's constantly changing society.

We use the SCARF (Safety, Caring, Achievement, Resilience, Friendship) Curriculum to teach PSHE across the school. SCARF is part of Coram Life Education. The framework will provide children with a comprehensive PSHE and Wellbeing programme throughout their primary years at Heathrow Primary School. SCARF is a whole-school approach to promoting behaviour, safety, achievement and wellbeing.

Our PSHE is delivered through creative, hands-on learning activities that engage and inspire the children. Our curriculum enables our children to become healthy, independent and responsible citizens.

Topics within SCARF include: Me and my Relationships, Valuing Difference, Keeping Myself Safe, Rights and Responsibilities, Being my Best and Growing and Changing.

Over the Summer term, all the children will focus on Being my Best and Growing and Changing. We feel that as parents you should be aware of the learning outcomes being covered each term so that if your children ask you questions you know where they have arisen from. Here are the learning outcomes that Year 4 will be covering this term:

SCARF Lesson Plan title & **half-termly unit**	SCARF Lesson Plan Learning Outcomes
Being My Best	
What makes me ME!	•Identify ways in which everyone is unique; •Appreciate their own uniqueness; •Recognise that there are times when they will make the same choices as their friends and times when they will choose differently.
SCARF Hotel	•Understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health; •Plan a menu which gives a healthy balanced of foods from across the food groups on the Eatwell Guide (formerly Eatwell Plate).
Harold's Seven Rs	•Understand the ways in which they can contribute to the care of the environment (using some or all of the seven Rs); •Suggest ways the Seven Rs recycling methods can be applied to different scenarios.
My school community	•Define what is meant by the word 'community'; •Suggest ways in which different people support the school community; •Identify qualities and attributes of people who support the school community.
Growing and Changing	
Moving house	•Describe some of the changes that happen to people during their lives; •Explain how the Learning Line can be used as a tool to help them manage change more easily; •Suggest people who may be able to help them deal with change.
My feelings are all over the place!	•Name some positive and negative feelings; •Suggest reasons why young people sometimes fall out with their parents; •Take part in a role play practising how to compromise.
All change!	•Identify parts of the body that males and females have in common and those that are different; •Know the correct terminology for their genitalia; •Understand and explain why puberty happens.
Period positive	•Recognise that babies come from the joining of an egg and sperm; •Explain what happens when an egg doesn't meet a sperm; •Understand that periods are a normal part of puberty for girls; •Identify some of the ways they can cope better with periods.
Secret or surprise?	•Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; •Recognise how different surprises and secrets might make them feel; •Know who they could ask for help if a secret made them feel uncomfortable or unsafe.
Together	•Recognise that marriage includes same sex and opposite sex partners; •Know the legal age for marriage in England or Scotland; •Discuss the reasons why a person would want to be married, or live together, or have a civil ceremony.