



## Meet the Subject Leads



**Nichola Leaver**

Miss Leaver joined Oswald Road in 2021 and became our PSHE and Digital Literacy Lead in 2025. She is committed to ensuring that pupils receive a high-quality education that supports not only academic achievement, but also personal development, wellbeing, and readiness for life beyond primary school.



## PSHE in the National Curriculum

Personal, Social, Health and Economic (PSHE) education is a vital component of primary education. Whilst not a statutory subject, schools are required to provide a broad and balanced curriculum, and PSHE is widely used to meet that duty.

However, from September 2026, updated statutory guidance must be followed. This means that primary schools must teach:

- Families, friendships, respectful relationships
- Online safety and digital risks
- Physical health and mental wellbeing
- Basic understanding of growing up and puberty (upper KS2)

PSHE education enables pupils to develop the knowledge, skills, and attributes necessary to manage their lives effectively, both now and in the future. It supports pupils in staying healthy and safe, building positive relationships, and making informed decisions.

PSHE also contributes significantly to the promotion of British values, fostering respect, tolerance, and an understanding of diversity. It plays a central role in preparing pupils to become responsible, active members of society.

## Digital Literacy in the National Curriculum

Digital literacy is embedded within the Computing curriculum and is essential in preparing pupils for participation in an increasingly digital world. It extends beyond the functional use of technology, encompassing the ability to engage with digital content in a safe, critical, and responsible manner.

Pupils are taught to evaluate the reliability of online information, understand potential risks associated with digital environments, and communicate appropriately using digital platforms.

The development of digital literacy ensures that pupils are equipped not only as users of technology, but as informed and responsible digital citizens who can navigate online spaces with confidence and awareness.



## PSHE at Oswald Road

At Oswald Road Primary School, PSHE is delivered through the Jigsaw PSHE programme, which provides a structured and comprehensive approach to personal, social, and emotional development.

The programme is sequenced progressively from Early Years to Year 6, with each unit focusing on a specific theme, including relationships, emotional wellbeing, aspirations, and healthy lifestyles. This ensures continuity and progression in learning.

Lessons are designed to promote reflection, discussion, and the development of emotional literacy within a safe and supportive environment. This approach enables pupils to explore sensitive topics with confidence, develop empathy, and build resilience.

Age group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 6-7	<ul style="list-style-type: none"> <li>Hopes and fears for the year</li> <li>Rights and responsibilities</li> <li>Rewards and consequences</li> <li>Safe and fair learning environment</li> <li>Valuing contributions</li> <li>Choices</li> <li>Recognising feelings</li> </ul>	<ul style="list-style-type: none"> <li>Assumptions and stereotypes about gender</li> <li>Understanding bullying</li> <li>Standing up for self and others</li> <li>Making new friends</li> <li>Celebrating difference and remaining friends</li> </ul>	<ul style="list-style-type: none"> <li>Achieving realistic goals</li> <li>Staying healthy to achieve goals</li> <li>Perseverance and strengths</li> <li>Learning with others</li> <li>Group co-operation</li> <li>Contributing to and sharing success</li> </ul>	<ul style="list-style-type: none"> <li>Motivation</li> <li>Healthier choices</li> <li>Healthy eating and nutrition</li> <li>Safety in the home</li> <li>Safety out and about</li> <li>Medicines</li> </ul>	<ul style="list-style-type: none"> <li>Different types of family</li> <li>Physical contact boundaries</li> <li>Friendship and conflict</li> <li>Secrets</li> <li>Trust and appreciation</li> <li>Expressing appreciation for special relationships</li> </ul>	<ul style="list-style-type: none"> <li>Life cycles in nature</li> <li>Growing from young to old</li> <li>Increasing independence</li> <li>Differences in female and male bodies (correct terminology)</li> <li>Assertiveness</li> <li>Preparing for transition</li> </ul>
Ages 7-8	<ul style="list-style-type: none"> <li>Setting personal goals</li> <li>Self-identity and worth</li> <li>Positivity in challenges</li> <li>Rules, rights and responsibilities</li> <li>Rewards and consequences</li> <li>Responsible choices</li> <li>Seeing things from others' perspectives</li> </ul>	<ul style="list-style-type: none"> <li>Families and their differences</li> <li>Family conflict and how to manage it (child-centred)</li> <li>Witnessing bullying and how to solve it</li> <li>Recognising how words can be hurtful</li> <li>Giving and receiving compliments</li> </ul>	<ul style="list-style-type: none"> <li>Difficult challenges and achieving success</li> <li>Dreams and ambitions</li> <li>Motivation and enthusiasm</li> <li>Recognising and trying to overcome obstacles</li> <li>Evaluating learning</li> <li>Processes</li> <li>Contributing to the community</li> <li>Managing feelings</li> <li>Simple budgeting</li> </ul>	<ul style="list-style-type: none"> <li>Exercise</li> <li>Food labelling and healthy swaps</li> <li>Attitudes towards drugs</li> <li>Keeping safe online and off line</li> <li>Respect for myself and others</li> <li>Healthy and safe choices outdoors</li> <li>Water safety</li> <li>Asking for help</li> </ul>	<ul style="list-style-type: none"> <li>Family roles and responsibilities</li> <li>Friendship and negotiation</li> <li>Keeping safe online and who to go to for help</li> <li>Media influence</li> <li>Being a global citizen</li> <li>How my choices affect others</li> <li>Awareness of other children's different lives</li> <li>Expressing appreciation for family and friends</li> </ul>	<ul style="list-style-type: none"> <li>How babies grow</li> <li>Outside body changes</li> <li>Inside body changes</li> <li>Personal hygiene</li> <li>Family stereotypes</li> <li>Challenging my ideas</li> <li>Preparing for transition</li> </ul>

Example content overview for Jigsaw PSHE

## Digital Literacy at Oswald Road

Digital literacy at Oswald Road Primary School is delivered through Natterhub, an interactive platform designed to support the teaching of online safety and responsible digital communication. We introduced Natterhub at the start of this academic year and so far, it has been a huge success - our pupils absolutely love it!

The platform provides pupils with the opportunity to engage in realistic online scenarios within a controlled and secure environment. This allows for the exploration of digital behaviours and decision-making without exposure to real-world risks. Through this approach, pupils develop an understanding of how to communicate appropriately online, manage potential risks, and respond effectively to digital challenges.

The curriculum extends beyond basic online safety, incorporating critical thinking, digital resilience, and an awareness of online conduct. As a result, pupils are well-prepared to engage safely and responsibly in the digital world.



The slide features a purple vertical bar on the left with a lightbulb icon at the top and a speech bubble icon at the bottom. The main content is on a white background with a yellow polka-dot pattern on the right. A cartoon boy with brown hair, wearing a dark green sweater and blue striped pants, stands on the right holding a grey smartphone. The text on the slide is as follows:

If you **spend** too much **time** on **screens**, it's **important** to **reflect** on your **losses**.

What is being replaced?

What is being forgotten?

Screen time can be **educational, fun** and necessary but it can also **take over!**

Example Natterhub slide

## **Pupil voice**

**"PSHE is good because it helps us know what to do in different situations."**

**"Everyone feels different things."**

**"PSHE is like learning how to be a good human."**

**"PSHE helps us to be more confident."**

**"I liked learning about scams because now I know not to trust everything online!"**

**"I wish we could do Natterhub every day!"**

**"It taught me that once you post something online, lots of people can see it."**

**"I like the stories."**

**"Natterhub is the best lesson ever!"**