**Observation of a PSHE Class (Personal, Social & Health Education) – Class 4 – Summer 2018**

Today I had the pleasure of attending Mr Ferris’ PSHE class. The class was a mixture of both Year 4 and Year 5 pupils as there was a Barnstondale field trip taking place at the same time so many of the them were participating in this however this didn’t affect the lesson at all.

As soon as I walked into the school I knew that PSHE is something that is taken very seriously as it was great to see so many posters on various walls and also within the classroom I was in there was a poster detailing Class 4’s PSHE rules. This was a brilliant way to constantly keep this as a focus for everyone.

Mr Ferris enthusiastically talked about how it was good to talk about how we are feeling and started to explain how we could start to feel more confident. He gave real life examples which were relative, creative and also quite funny! The children listened intently to what Mr Ferris was saying and then there was an instant mixed reaction when Mr Ferris asked the children in pairs to say 5 nice things about the other person.

However all children participated and I could see them all enjoying talking to each other. I was listening with joy to be honest as they praised each other for the simple things like being good at football to being a good friend. The children were immediately happier as they felt better about themselves and it was a great lesson in confidence building. When asked what they had learnt from the task one child even said they were more confident which was just fantastic to hear.

Children were then asked to fill in a picture of a star with 5 things that they themselves think they are good at. Straight away I could the difference because as Mr Ferris explained, it is so hard to think of something that you’re good at and then be able to have the confidence to write it down.

The children thought long and hard. For a few they understandably struggled at first however were encouraged by some suggestions we gave and then the information continued to flow with everyone being able to complete the task which was great to see.

Mr Ferris asked the children if they would like to read out what they are good at and the majority of the class were bursting putting their hands up as they quite rightly wanted to proudly tell all of their classmates what they were good at.

It was lovely to see how the children’s self-confidence grew in that short half an hour. It also proved to me how important a class about PSHE is in the curriculum.

**Christine McGowan**

**LA Governor**