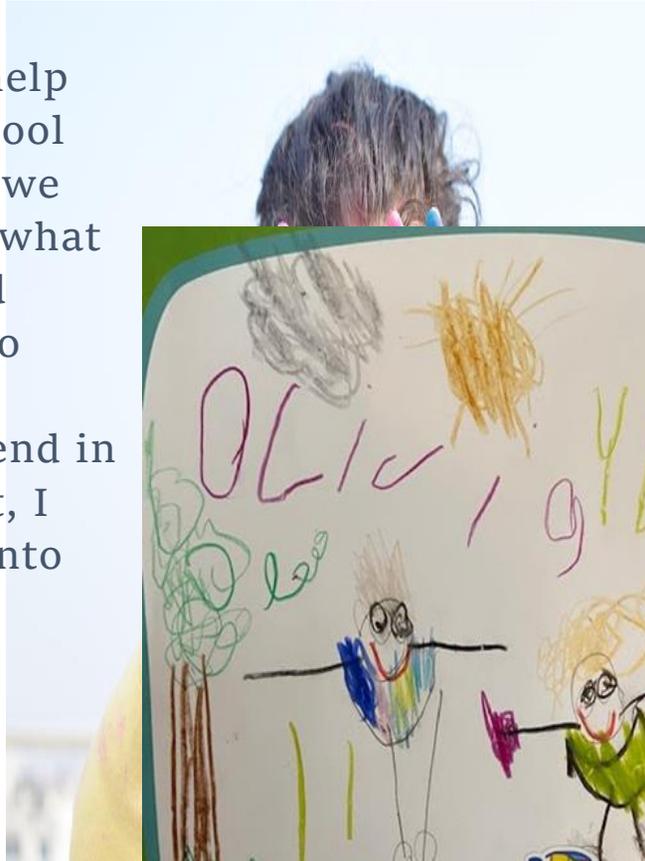
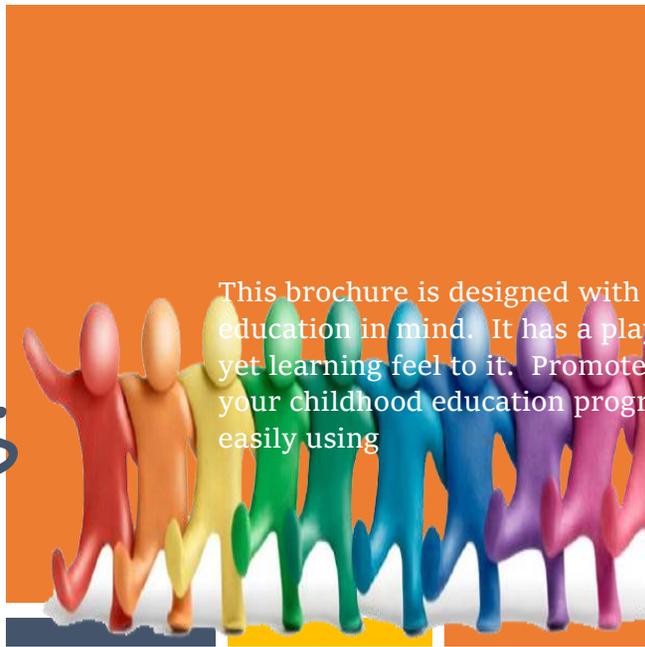


# PSHE News

PSHE means Personal Social Health and Education. This newsletter is a great way to help us keep in touch with our School Family. It is about the things we think matter. It is also about what you think matters to each and every one of us. If you want to contribute any news of your personal journeys in life or send in any favorite topics of interest, I would love to incorporate it into this safe space.

This brochure is designed with education in mind. It has a playful yet learning feel to it. Promote your childhood education program easily using



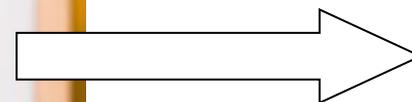
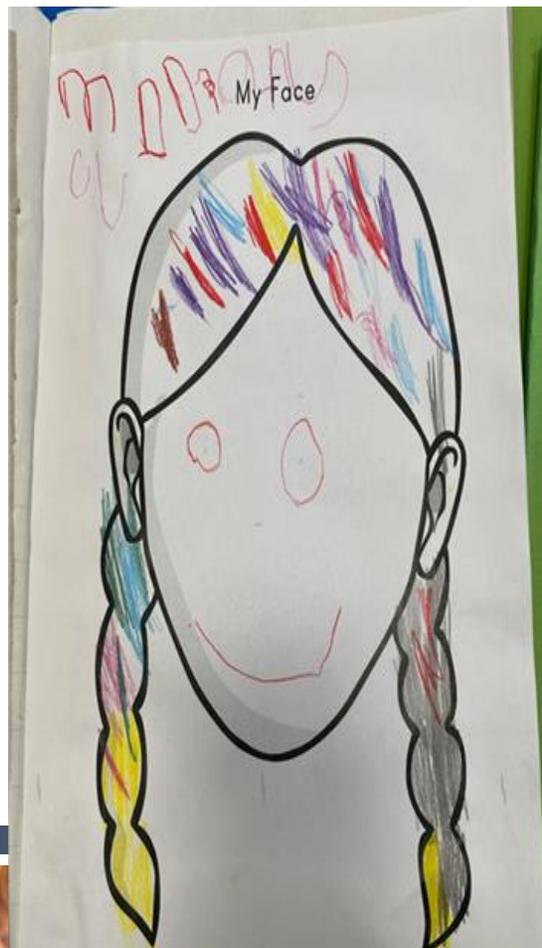
# MENTAL HEALTH WEEK'S THEME THIS YEAR WAS

Express Yourself!

This could be through art, dance, dressing up, singing, playing or reading. Children sharing their interests in reading for pure pleasure.

The Nursery children found ways to show their feelings through their artwork. Drawing and colouring their own artwork, or using templates to create feelings of wellbeing and happiness.

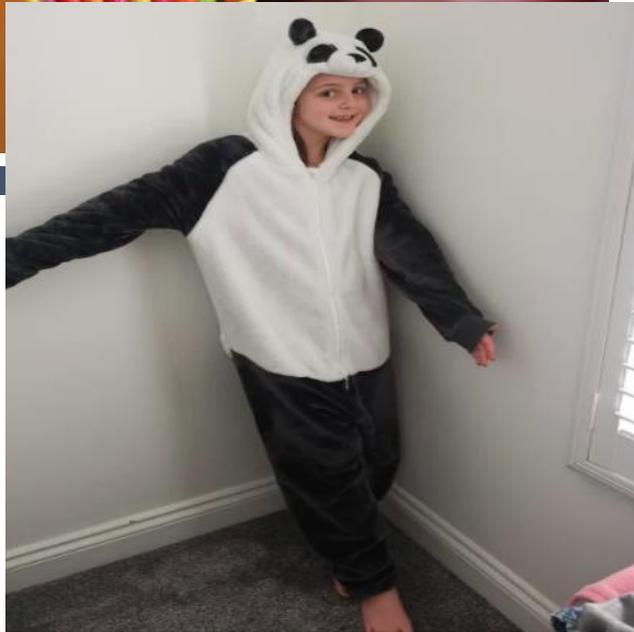
**Look how our amazing  
children express themselves**



in style!

Year 5

Year 1



Year 5



Reading for pure pleasure!

This is a great way to leave the computer behind when taking regular breaks.

## MINDFULNESS!

In Reception these are just some of the ways they found to express themselves away from the virtual classroom. It can be overwhelming to be on the virtual classroom for parents and children! Remember it is just as important to remind ourselves that the outside world still has many things to offer.

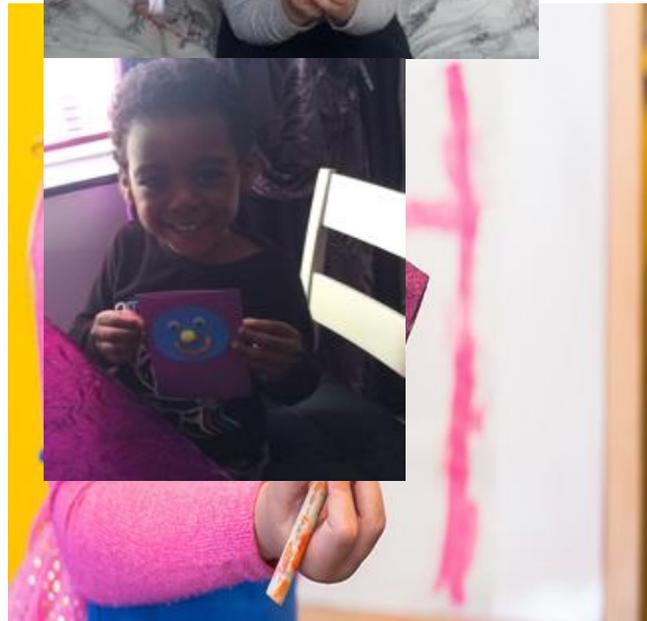
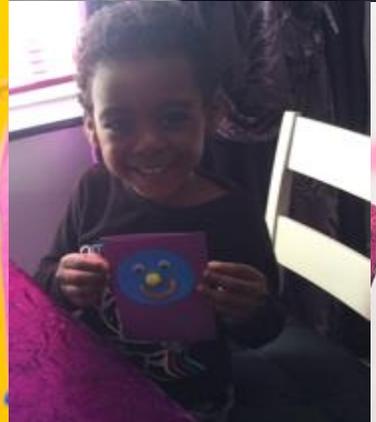


## "FAMILY NEWS"

You may be very proud of something you have shared as a family, or supported others with. If you think it might help another person please share.

During Nursery's Coffee Morning a Year 1 parent shared a positive tip developed in Year 1. "Affirmations" They read their own affirmations, and it works! Both children come to online learning with a positive attitude. They come to the table ready to learn. When your juggling children it really helps".

The Nursery parents at the coffee morning loved this tip and we agreed to adopt this when our lessons begin



again.

Anyone else who has an idea you think might benefit someone else, don't be bashful in sharing your tips.

Affirmations! Year 1



## IMPACT!

Many discussions continue to focus on how important it is to have regular conversations with our

## TOP TIPS!

It is to be acknowledged that as parents you are coping in

children. To develop talking and listening skills. Find as many opportunities to sit around the dinner table and enjoy socializing for dinner. Why not dress up for an occasional meal. Use your regular outdoor activities and be Nature Detectives. Find something new each day to talk about.

“For parents of younger children who are looking for ways to child’s language and learning skills.” (BBC Bitesize).



## INTERNET SAFETY!

As a school we all participated in Internet Safety from the introduction of Smartie the Penguin in nursery using the online Classroom Oak National Academy as a source of inspiration. Each year group taught skills to encourage children to be

most difficult situations. There are many points of view giving advice to parents and children. Here are a few links to get you up and running if it helps. This is a taste of a supportive article from Bitesize. So here is a link to a **Parent's Tool Kit** from Bitesize.

“Top tips, useful links and expert advice to support you and your child's wellbeing and learning in a changing world. Parents, we've got you.”

<https://www.bbc.co.uk/bitesize/articles/znsmyxc>

## FYI FOR YOUR INFORMATION:

With your children create a safe environment where your children can talk to you

# BBC TINY Happy PEOPLE

proactive in keeping safe when in school and during virtual online learning.

Below are some fabulous examples from Year 3



about anything.

Take it in turns to talk and then listen. Have you ever met anyone who could listen and talk at the same time? Think of anything that may be fun topics of interest. Prioritize each person's contribution. Make sure if there isn't enough space for everybody's news or discussions you come back to it.

<https://www.bbc.co.uk/tiny-happy-people>

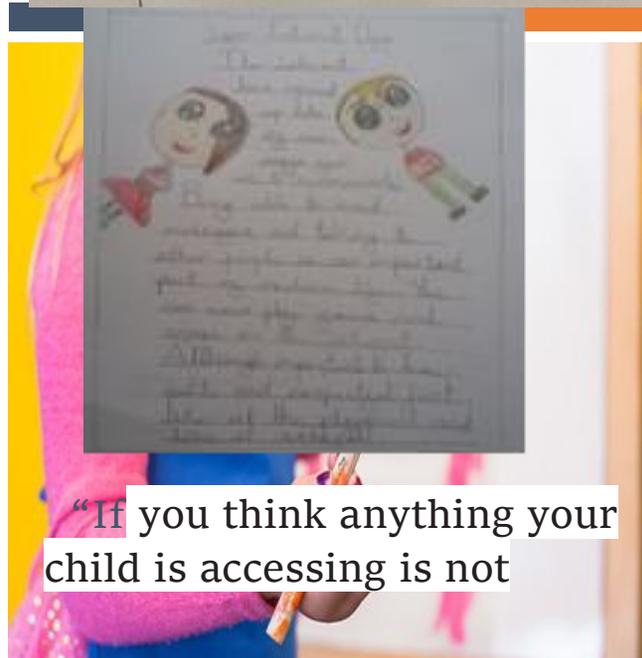
Themes include:

Mum's Life

Dad's Life

Wellbeing for you and your child

How Children use their bodies actions and gestures to communicate.



"If you think anything your child is accessing is not

Miss Pryce PSHE  
LEAD



appropriate for their age, be ready to explain why you think this. Wherever possible, make it a joint decision with your child, so they understand the reasons not to use something and will stick to it.” (BBC Bitesize).

**How to manage your child’s online world without clashing.**

<https://www.bbc.co.uk/bitesize/articles/z9k4bqt>

**Islington offers its own**

**Internet packages which you can continue to access at your own leisure because there is no time frame.**

<https://islington.gov.uk/bloggy.com/Islington-Computing-Online-Safety-safer-internet-day-2021/>

