

PSHE

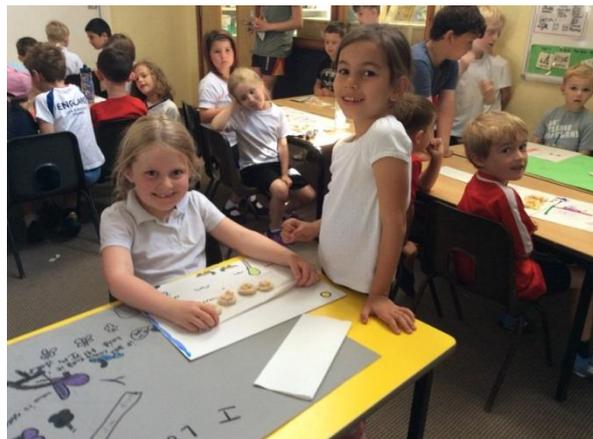
This week, each class have taken part in PSHE lessons (personal, social and health education).

This week in Reception, we reminded ourselves how important it is to wash our hands thoroughly, with soap and water, after using the toilet and before we eat. One of our stories this week, 'Hold on Harold' introduced us to Harold the Giraffe (who we're going to meet next week!). It helped us to learn how dangerous medicines and chemicals are and how we must not touch them. In circle time, we talked about things that make us happy and ways to cheer each other up when we're feeling sad, or help make things right if we've done something bad. Also in Reception, we have been finding out about what to do in an emergency and who to call if we need help. We ended our week by reminding ourselves of how to keep safe at the beach and in the sunshine, by finding out; how the sun can hurt us, how to keep safe in the sea and what the flags on the beach mean. We've had a brilliant week!

This week during PSHE, Year 1 have been thinking about different feelings and talking about what to do if we are feeling scared, angry or upset. We have also been discussing what makes a good friend, and thinking about how we can all be a good friend to each other. On Monday, Year One had an exciting visit from Alistair and his guide dog Robyn. We had the opportunity to stroke Robyn as well as ask his owner all about how his guide dog helps him. We learnt that a guide dog can cost up to £44,000 to train!



In Year 2, we have been learning about the importance of how to stay healthy through exercise and eating the right balance of healthy foods. We sorted food into groups on the 'Eatwell Guide' and then used this when deciding on ingredients for tarts to make for our end of wellbeing week celebration. We made 'Terrific Tuna Tarts, Excellent Egg, Healthy Ham and Chuckling Cheese tarts' which we shared with Year 1.



Year 3's PSHE and emotional well-being lessons this week have been based around the theme of relationships. We began by discussing our similarities and differences and how these might lead to some people being treated differently. We thought about whether this was fair and what we could do to resolve a situation or how to get help. Year 3 role-played how some situations could affect people's feelings. We also thought

about what these different feelings might be and how they could be shown or expressed. We have enjoyed stories this week such as The Ugly Duckling, The Tear Thief and My Brain-What it does and how I feel.

Year 3 explored emotions by discussing the combinations of feelings they felt throughout our day at Ready2Climb, such as excitement and anxiety. By untangling human knots we were made aware of how our feelings can change quickly. We read the story of Not Now, Bernard and discussed ways in which we could ask to be heard to share our feelings with others.

This week in our PSHE lessons, Year 4 started by thinking about the difference between dangers, hazards and risks. We decided that it was important to take risks sometimes, as we can then experience new things. We also thought about the different ways that we can keep our bodies healthy, and in particular we discussed the importance of having plenty of sleep, to allow our bodies to grow and to help us concentrate.

During our lessons on mental health, we thought about how we can try to work out how someone is feeling, by looking at their facial expression, body language and through their actions. We enjoyed the stories 'The Tear Thief' and 'The Huge Bag of Worries', which reminded us that it is important to share our worries with others.

Our first aid visitor taught us about head bumps, burns and nose bleeds. Micaela says, "If I see someone with a burn, I will help them and tell them to put their hand under a tap for ten minutes, and another ten minutes if it still hurts."



Mr Bolton, the fireman talked to us about fire safety. Katie says, "He taught us that we need to have a fire plan. We need a plan so everyone knows how to get out of your house safely and to not go looking for your pets."



We also took part in a Relax Kids session. During the session, we used breathing techniques, self-massage and positive affirmations to help us stay calm. Rose says, "I enjoyed the game we played when Hollie said something and we stepped in if we agreed. It was fun wearing the eye masks and listening to the music, whilst practising our breathing."





This week in our PSHE lessons, Year 5 started by thinking about positive and negative feelings and how if we keep them inside then they can both grow. We thought about ways that we could manage our feelings. We also thought about the qualities of a good friend and how we can show what friendship is.

In PSHE this week, Year 6 have been thinking about emotions and which ones make us feel comfortable or uncomfortable. We talked about the feelings that we have about moving on to secondary school and found that most of us had a mixture of both comfortable and slightly uncomfortable feelings about that, so we were not alone. We talked through some of our concerns and worries and thought about where we could go and who we could talk to, to help us. We even asked some advice from one of our work experience visitors who had been through it not long ago.

We have also thought about how it is important to look after our mental health as well as our physical health, and realised that we sometimes forget to do that. We looked at the 'Five Ways to Mental Wellbeing' - keep learning, stay active, take notice, give and connect. We reflected on what we already do in each of these areas and challenged ourselves to make a 'pledge' to do something extra in one of those areas to achieve more of a balance in our lives.