



PSHE Newsletter

June 2021



PSHE (Personal, social, health and economic) education has never been more important and necessary for all children. The last year has been difficult for everyone including children.

Our weekly PSHE lessons give the children chance to relax and reflect on how they are feeling. They can share any worries they have and the Teachers will address these worries in a sensitive manner.

In this terms newsletter you will find some useful tips on how you can support your child's mental health and wellbeing at home.



This half term, our theme in PSHE is 'Dreams and Goals'.

The children will be reflecting on what they have achieved this year. They will be setting goals for the next academic year and discussing their aspirations for the future.

As the weather is getting warmer and the summer holiday is fast approaching, here are some ways you can stay safe and healthy:



Eat Healthy

Take advantage of summer's fruit and veggie bounty.

Drink Water



Water is a natural, healthy and sugar-free way to stay hydrated.



Move More

Kids need at least 60 minutes of physical activity per day and adults need at least 30 minutes to stay healthy.

Be Food Safe

Regularly wash hands with soap and water; separate cooking surfaces to keep raw seafood, meat and poultry away from fresh produce.



Protect from the Sun

Whether you're going for a short walk or spending a day at the beach, be smart and lather up with SPF 30 or higher.



You are BRAVER than you believe,
STRONGER than you seem and
SMARTER than you think.

~ Christopher Robin
Winnie the Pooh

Top tips to support your child's mental health and wellbeing:

- Be there to listen
- Build positive routines
- Support them through difficulties
- Stay involved in their life
- Encourage their interests
- Take what they say seriously

Further information about these top tips can be found at:

<https://www.nhs.uk/every-mind-matters/supporting-others/childrens->

Relaxing Corner

Why not listen to music, do some painting or go for a walk. All these activities will help you and your child to relax and spend quality time together.