



Millbrook Junior School

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PSHE Spring 2 Newsletter

PSHE last half term was about 'Healthy Me'. It offered a good opportunity to think about our own mental health and that of those around us.

The children thought about 'small feelings' and 'big feelings'. We all have 'small feelings', and some of these are comfortable and some of these are not. It is OK to have these different feelings. The children talked about how sometimes for some people these feelings can become overwhelming and become 'big feelings' that impact on our every day lives. We need to do something when we feel like this and often this is talking to someone. The children have also been given some ideas of what to do if they feel a little overwhelmed by things. Some said reading a book, getting outside, seeing friends or a bit of quiet time or mindfulness thinking.

We also linked in with 'Place2Be' thinking about how we can connect with people. In assembly, we discussed how connecting with people can simply be a smile- it's free and can make such a difference to us and those we share one with!

Action for happiness has a great calendar that they release every month with a different theme. This month is 'Friendly February'.



<https://actionforhappiness.org/calendar>



Dream, Believe, Aspire, Achieve



In addition to this, Healthy Me also thought about things we put into our body. Year 5 welcomed Vanessa from a Drug Education charity to talk to them about the impact drugs can have on people's bodies and lives. The children found this very informative and engaging.

Year 6 welcomes the School nurse and members of her team to thinking about wellbeing.

We have also been thinking about the foods that we put into our bodies. Just a reminder that we are still encouraging 'healthier' snacks for break time as well as water in water bottles.

Dreams and Goals

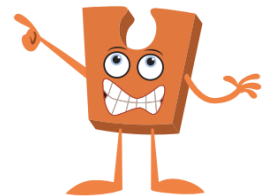
This half term, our unit is Dreams and Goals which helps the children to think about the future. The unit encourages the children to think about their dreams, goals and aspirations for their future as they look forward to becoming adults. Children need to be provided with knowledge about the world we live in to help them make informed decisions about their future. Children should be encouraged to be the best they can be and have dreams for their future.



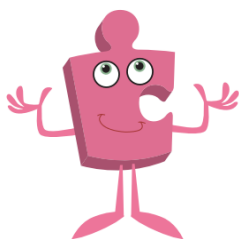
Year 3 look at difficult challenges and how dreams and goals are not always easy to achieve. The children will think about motivation and enthusiasm to keep going as sometimes we will face different challenges as we work towards the goal.

Talking to adults about their goals when they were younger should also show the children that goals can change.

Year 4 will be thinking about being resilient. Things do not always happen as planned and sometimes this might feel like a 'fail'. This does not mean that the goal will not be achieved, it will just take time. Being resilient is an important life skill. The children will think about setting new goals and finding ways to try again. In addition, Year 4 will think about working together and celebrating the contributions of others.



Year 5 will be thinking about their own goals for the future and the need to earn money as part of this. They will be finding out about the goals of children around the world in different cultures.



Year 6 are encouraged to think about their own dreams and goals for the future but also the difference they can make to others.

They will think about global issues and what can be done to help. As they do this they will discuss feelings of empathy.

We will be carrying the theme of Dreams and Goals on throughout the year as we continue to think about ambition and how we can encourage the children to think about

their future. If you would like to come in and talk to the children or share information about your chosen career please contact the school office via email.

Next half term, the children will move onto the 'Relationships' unit of Jigsaw. There will be more information to follow about this unit.