



# 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 how everyone has mental health and how everyone has feelings. It is OK to have different feelings. Some will be comfortable and some uncomfortable, they are all OK and 'normal' to have different feelings. What we need to be aware of is how these feelings impact on how we behave. Sometimes we need to talk to about our feelings or do different activities such as reading, artwork, getting outside. We also linked in with 'Place2Be' thinking about 'My Voice Matters'.

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

**Friendly February 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 Send a message to let someone know you're thinking of them	2 Ask a friend how they have been feeling recently	3 Do an act of kindness to make life easier for someone	4 Invite a friend over for a 'tea break' (in person or virtual)
5 Make time to have a friendly chat with a neighbour	6 Get back in touch with an old friend you've not seen for a while	7 Show an active interest by asking questions when talking to others	8 Share what you're feeling with someone you really trust	9 Thank someone and tell them how they made a difference for you	10 Look for good in others, particularly when you feel frustrated with them	11 Send an encouraging note to someone who needs a boost
12 Focus on being kind rather than being right	13 Smile at the people you see and brighten their day	14 Tell a loved one or friend why they are special to you	15 Support a local business with a positive online review or friendly message	16 Check in on someone who may be struggling and offer to help	17 Appreciate the good qualities of someone in your life	18 Respond kindly to everyone you talk to today, including yourself
19 Share something you find inspiring, helpful or amusing	20 Make a plan to connect with others and do something fun	21 Really listen to what people say, without judging them	22 Give sincere compliments to people you talk to today	23 Be gentle with someone who you feel inclined to criticise	24 Tell a loved one about the strengths that you see in them	25 Thank three people you feel grateful to and tell them why
26 Make uninterrupted time for your loved ones	27 Call a friend to catch up and really listen to them	28 Give positive comments to as many people as possible today	29 Acknowledge someone's problem or pain rather than trying to fix it			

**ACTION FOR HAPPINESS** Happier · Kinder · Together

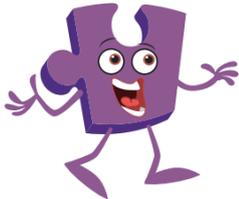
<https://actionforhappiness.org/calendar>

*Dream, Believe, Aspire, Achieve*



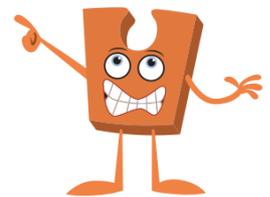
## Dreams and Goals

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.

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.



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.

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

Mrs Green  
PSHE Lead