



# Millbrook Junior School

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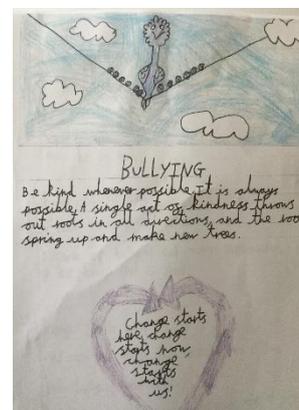
## PSHE Spring 1 News Letter

This half term has not been what we expected when we thought about returning after Christmas. PSHE has continued as the 'Healthy Me' unit on the remote learning.

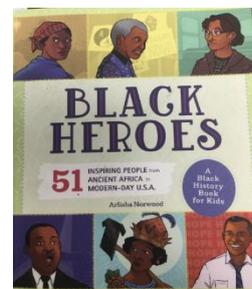
Last half term was a very busy one! The unit of 'Celebrating Difference' encompassed both 'Anti-bullying' week and 'Black History'.



Anti-bullying week was brilliant, so many odd socks to help to remind and celebrate how different everyone is. Across the school, the children worked in different ways to remember what bullying is and how hurtful it can be. Sometimes, people forget the impact their behaviour can have on others so this was an important reminder. The children have talked about how to recognise bullying but also what to do about it.



Black history was looked at in different ways across the school. The children discovered a variety of resources that viewed different people across history and the impact they had. Rosa Parks has been a popular choice for many to look at, but in Year 4 this then led to other black women being researched. In Bronte Class, a wonderful book was shared, regularly reading about different people.



Across the school, the resources shared led to discussion about the Windrush generation as well as Slavery and the recent protest leading to statues being pulled down. Some comments from the children included, "It is good that a video has been made so they can share what they feel about feeling black", "It is sad as it is not fair black people should not be treated differently", "We are all important".

This has been an excellent start, we aim to look at a variety of people from history as we move through the year making links throughout the curriculum.

## Healthy Me

Healthy Me is our topic this half term. This unit encourages the children to make healthy choices for both their body and mind. Mental Health is talked about lots but this unit helps the children to understand that everyone has 'mental health', it is about feelings, emotions and moods. We all have 'small feelings' that we are able to deal with every day.

Small Feelings	Big Feelings
Sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long	Feel strong and overwhelming for a long time
Don't stop us from doing what we want to in life	Stop us from doing what we want to in our lives

Children need to understand that we all have feelings. At the moment, we might be experiencing different feelings, like sadness or disappointment because we miss our friends and family or we might feel happy because we can stay at home with our close family and pets.



It is OK to feel different things...we all have feelings.

If children (or any of us) have some 'BIG' feelings that feel 'too much' they need to try and find someone to talk to so they can help. It is important not to bottle things up. Sometimes children don't have the words to label their feelings so talking about what it feels like or what is on their mind is important. Times are difficult so looking after ourselves is vital.

<https://www.mentallyhealthyschools.org.uk/resources/youre-never-too-young-to-talk-mental-health-tips-for-talking-for-parents-and-carers/> this website has some useful information.

<https://www.actionforhappiness.org/> this website has lots of ideas as well as a monthly calendar of ideas and the '10 keys to happier living'.

Mental Health day should have taken place in Northamptonshire on Friday 12<sup>th</sup> February but this will no longer be happening in the same way. Attached are some activities the children could do at home.

We will be talking about mental health as part of the zoom calls throughout the half term.



# WORDSEARCH



It's Mental Health Awareness Day. A day to talk about how we feel. Sometimes we feel good and sometimes we feel not so good, and that's ok. The important thing to remember is to Talk out Loud about how you feel.

N	G	S	H	T	L	A	E	H	K	J	N
U	O	I	T	C	E	L	I	M	S	N	E
E	V	I	T	R	O	P	P	U	S	W	R
S	I	D	Z	Y	A	Y	G	D	G	A	V
A	S	U	N	F	M	N	A	V	N	R	O
N	Z	E	U	E	I	S	G	D	I	D	U
G	X	N	N	H	I	Y	H	E	R	H	S
R	N	T	G	E	L	R	C	K	A	T	I
Y	A	U	T	E	R	H	F	R	C	I	L
L	A	A	N	B	H	A	P	P	Y	W	L
L	L	O	D	U	O	L	W	O	U	T	Y
K	L	X	O	A	G	I	T	A	T	E	D

AGITATED	ANGRY	AWARENESS	CARING
CRY	DAY	FRIEND	FUNNY
HAPPY	HEALTH	LAUGHING	LONELY
LOUD	MENTAL	NERVOUS	OUT
SAD	SILLY	SMILE	STRANGE
SUPPORTIVE TALK		WITHDRAWN	

WHICH OF THESE WORDS SAY HOW YOU ARE FEELING TODAY?

# IT'S MENTAL HEALTH AWARENESS DAY!

Use this chatterbox to start a conversation with your friends about how you feel – remember to talk out loud about your mental health and the way that you feel.

1. Choose a colour, either: **Blue, Green, Orange or Pink**. Once the colour has been selected, spell the colour opening and closing the chatterbox for each letter.
2. Next, select a number from the inside and count out that number whilst opening and closing the chatterbox.
3. Choose another number and open the chatterbox to reveal the question underneath the number.

## How to Fold:



<b>M</b>	<b>1</b>	What makes you happy?	<b>2</b>	<b>H</b>
<b>8</b>	What could you do to improve your mental health?	What makes you sad?	<b>3</b>	Is today a happy day or a sad day, and why?
<b>7</b>	Is there anything worrying you right now?	Who would you talk to if you were feeling down?	<b>4</b>	Draw a picture that best describes how you feel today.
<b>5</b>	<b>9</b>	When was the last time that you thought about your mental health?	<b>6</b>	<b>4</b>