

Y6 PSHE

Personal Social Health Education....this is an important part of what we do at school – sometimes through formal PSHE lessons, sometimes informally through class chats in response to something that has happened in school, in a story or in the news and sometimes through circle time type activities.

Whilst we are not at school we can't have the chats so much – but you can certainly have them with your families, but we can give you the resources from some of the 'lessons' that we might be doing at school. At this uncertain time in our lives, the learning from PSHE lessons could be very important, as it includes information and tips on how to look after our physical and mental health.

There is a parents' guide to teaching PSHE at home from the PSHE association and that has some quite helpful tips on it.

I have also found some 'mindfulness' resources which I think are great – they should hopefully be on the website.

The lesson here for Y6 is about mental health and things we can all do to look after it. As relevant to us adults as to the children. Hopefully it'll encourage you all to make time for some of the things that make you feel good about yourselves.

Mrs Bennett