



Millbrook Junior School

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PSHE Summer 1 Newsletter

Last half term was all about 'Dreams and Goals' for the future. Thinking about the future can be daunting and children do not always know what they want to do when they grow up. We all need to provide children with knowledge about the world they live in and the opportunities that are out there. Our '5 hands vision' is key to this too as it encourages the children to think about what they are learning now and how that will help them as they grow into adults. We used International Women's Day and also Careers week as an opportunity to think about breaking down barriers and 'Embracing Equity' for everyone.



Relationships

Relationships focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

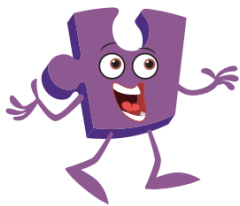
- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

These areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation placed on children based on their home circumstances along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers). Children will learn that families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, and foster parents/carers amongst other structures.



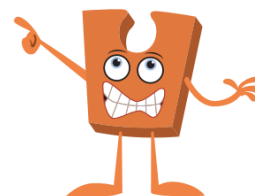
Dream, Believe, Aspire, Achieve



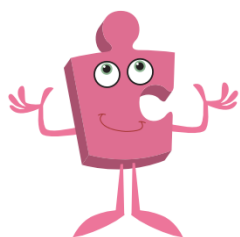


In this unit, Year 3 will be looking at how to negotiate and solve problems with friends. As they move through the unit, they will think about different countries and their role as a global citizen. They will also think about how their lives and relationships are very different to those of other children.

Year 4 will also look at different relationships and how to resolve problems that may arise. They will also talk about different feelings including jealousy, empathy and loss. This can be a difficult subject but one that is important to discuss. They will think about creating memories about loved ones.



Year 5 will begin by thinking about self-worth and building self-esteem. They will go on to think about online communities and gaming. The children will learn about staying safe online as well as age restrictions and the dangers of online grooming. They will also discuss the impact that being online can have on mental health and how reducing screen time is often important.



Year 6 will be revisiting mental health at the beginning of this unit. They will think about how they can deal with different feelings and get support if they feel stressed or anxious. They will think about feelings of love and loss also.

The children will then think about how they can be assertive when needed and how they should take responsibility and make positive choices for the way they behave.

As part of the 'Relationships' unit each year group will also be looking at some resources from the NSPCC. We will send more information about this nearer to the time.

As always if you have any concerns at all about the PSHE curriculum, please contact your child's class teacher.

Next half term will be 'Changing Me'. This unit covers the majority of the areas we need to cover linked to Relationships and Sex Education. We will send a letter to you before this is taught explaining what will be covered in each lesson

