



Personal Development News (PDN)

The mindful approach to PSHE

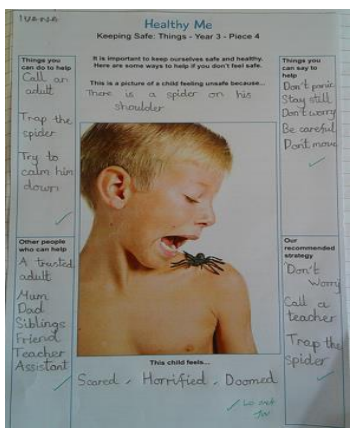
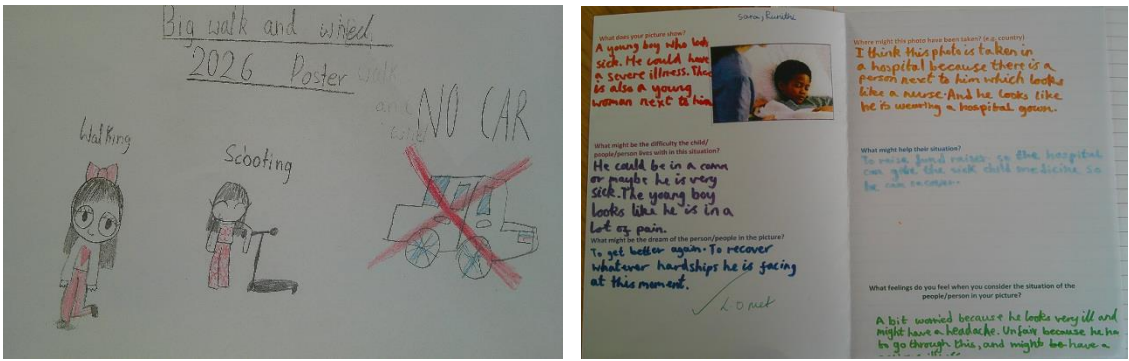


27-3-2026

Welcome to the Spring Term edition of PDN!

In Spring term, pupils focused on two very interesting topics in their PSHE lessons: 'Dreams and Goals' and 'Healthy Me'. Children have completed wonderful work and had various opportunities to share their ideas about choosing a realistic goal and ways to achieve it. They have also talked about how to overcome any obstacles and be resilient. In KS2, pupils looked at how children in different cultures have access to education and thought of some ways in which they could work with others to make the world a better place.

The "Healthy me" topic was appreciated due to its link to Science. Children talked about healthy lifestyle choices, how to keep safe when crossing the road and have identified places, people and things that can be safe or unsafe. Children know who their trusted adults are for help. They were also learning about the dangers from media, about body image and celebrity culture. Next, pupils in upper phase will be learning about basic emergency procedure, including the recovery position and CPR.



Jigsaw Jigsaw Jigsaw

We had another busy term, with lots of interesting events and parent workshops across all phases. Nursery, Reception and Year 1 held Mother's Day parent workshops and assemblies. The children sang songs, shared activities, cakes and drinks with their mothers. Early Phase have celebrated Easter with an Easter Bonnet parade.

Everyone had a great time 😊



Year 5 and children took part in the **Riot Act** workshop, where they learned how to stay safe when travelling near roads.

Key dates:

RSHE Parent Consultation Year 1&2 - 15.4.26

RSHE Parent Consultation Year 3&4 – 15.4.26

RSHE Parent Consultation Year 5&6 – 23.4.26

Come along if you would like to find out more about what and how we teach 'Relationships, Sex & Health Education'. As part of our safeguarding programs, we will also talk about abuse awareness and how we teach children to recognise signs of abuse in a child-friendly way.

Watch out for the yellow school letters, please sign and return the slip to register your interest. Thank you.

Good news 😊

Jigsaw Families will recommence in the Summer term. These sessions give opportunities to parents to work jointly with their children and other parents. The Families programme runs for 6 weeks, one session per week.



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