



## Personal Development News (PDN)

The mindful approach to PSHE  
25<sup>th</sup> June 2022

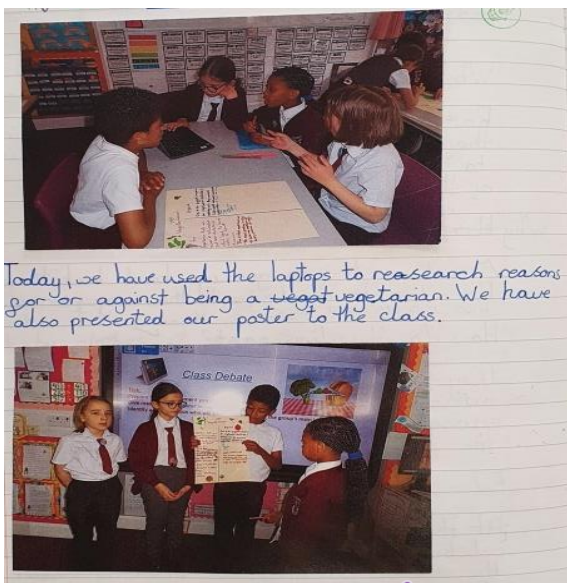
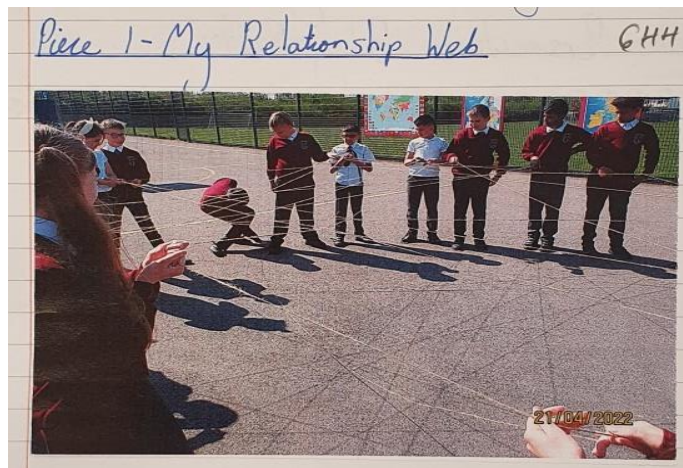


Welcome to the third half-termly edition of PDN!

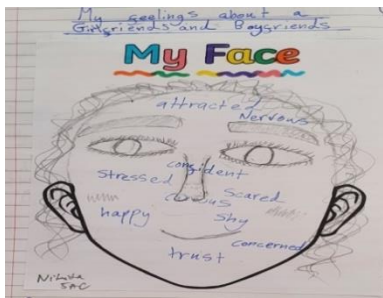
Last term, we have looked at our friendship circles, different types of relationships, memories and loved ones and managing our feelings.

Here is some of our work on “**Relationships**” that we would like to share with you, as well as pupils’ thoughts, opinions about what they have learnt and what they enjoyed the most in PSHE.

\*We would like to remind you that the PSHE Curriculum content is available on our school website and on Google Classroom in the Curriculum Overviews section.



- Daria RMS:** “We have learnt about how to make new friends.”
- Abigail 1AM:** “I like to help people and I like it when we do role play.”
- Ioana 2JJ:** “I like singing the ‘Friendship’ song about helping each other, caring and sharing.”
- Anastasia 3BO:** “We talked about not to be rude to each other and how to solve problems.”
- Jessica 4IJ:** “What I like about PSHE is when we discuss friendship groups and relationship webs.”
- Maliha 5RM:** “I really like this topic because I can share my opinions and feelings with my friends”.
- Kayne 6HH:** “I like our class discussions about how to solve conflicts between friends”.



**Article 12:** Every child has the right to an opinion, to be listened to and taken seriously.

At the end of each topic, teachers and pupils celebrate their achievements.

Here are some of our Jigsaw Certificates that we are so proud of.



**Jade RSN:** "I learnt that if we are kind, our friends will play with us".

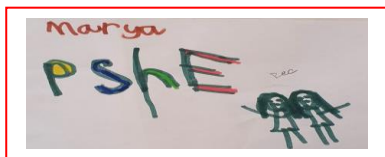
**Yasin 1RS:** "It is important to be kind to our Mum and Dad."

**Beatrice 2GH:** "I liked acting out the scenarios and learning how to mend friendships."

**Safa 3KP:** "I want everyone to have friends and never feel lonely."

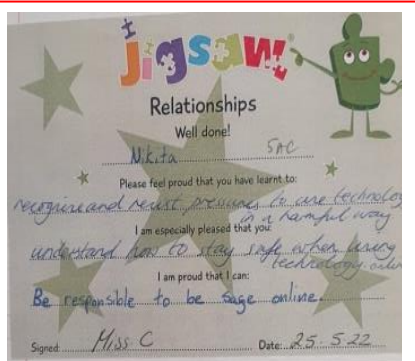
**Jenshi 4IN:** "I like PSHE because it helps me think about my future and how my friends can help me to achieve my goals."

**Rebecca 6SR:** "I like this topic because I get to learn about how people feel and how we can help them feel better".



**Stage 3- Love and Loss 2**  
The stages of grief  
Stage 1: Denying  
Stage 2: Fighting  
Stage 3: Overwhelmed  
Stage 4: Accepting

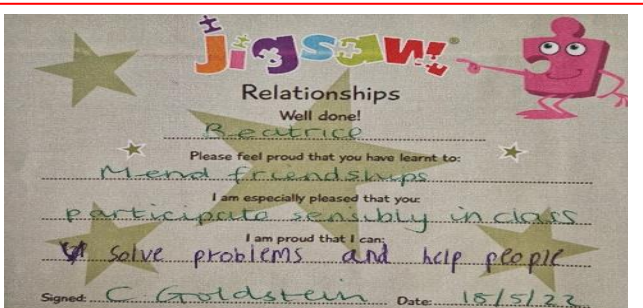
**Scenario: Moving House**  
If you find your spouse moving house it would be a terrible labelled and sorrow then you might start being angry and fight people because you might think it is unfair and want her to stay though be some pain as you'll miss your old house. After a while you'll be overwhelmed with grief because you miss all your friends and your old house. But you will come to accept the fact and move on. Don't come miss and yourself thinking back.  
GHT Faculty      Great - LO met



**Piece 5- Emotional and Mental Health** GSE

Today I feel joy. We had a music concert and my mum came even though she said she might not be able to come. Then we had star sports, when we beat the opponents even though the coach was on their team. The only thing that made the day a little unpleasant was that I hit my shin and it still hurts now. It also snowed in the morning but I don't really like snow (very controversial) but overall today has been a ordinary but pleasant.

Well done Andrew! You have expressed your feelings well.



**Piece 3- Love & Loss 2**  
**Parents separating or divorcing**

**Stage 1- Denying**  
Cannot believe it      He cannot believe it and  
Doesn't want to believe it      he doesn't want to believe it

**Stage 2- Fighting**  
Why me?      Why is it him? He hates  
Plays him and dad      his mum and dad for what they  
Locks himself in room      did and he is locking himself in his  
Can't sleep      room.

**Stage 3- Overwhelmed**  
Crying      He cries and thinks his  
My life is over      life like his is over and can't  
Can't concentrate      concentrate on anything.

**Stage 4- Accepting**  
Moves on with life      He's moving on with  
Becomes happier      life but occasionally get  
Has good times      breakdowns but has good  
Occasionally has a break down times.

