

## Personal Development News (PDN)

The mindful approach to PSHE

06-12-2022



### Welcome to the Autumn Term edition of PDN!

I'd like to start our first edition this year by introducing our PSHE Ambassadors!

The Ambassadors know how PSHE works at Camrose and have a good understanding of various topics we are focusing on throughout the year.

Also, children are aware of how certain themes are being taught across all year groups.

Most importantly, they are there to help their peers and show how vital and fun team-work is.

1AA – Sana	4PA – Raihana
1PG – Aluna	4BO – Ziham
2IN – Mihai	5IJ – Albert
2GS – Denisa B	5MT – Evie-Grace
3PM – Ralphy	6AC – Matilda
3KP – Najma	6SR – Martyna
3KB – Esther	



The week beginning the 14<sup>th</sup> of November was **Anti-bullying week**.

**4BO** and **5IJ** Class Assemblies focused on what bullying really is and how it can affect us. Most importantly, how to reach out and deal with a bully.

Parents were delighted to see their children perform and hear their beautiful singing.



Well done Camrose for raising £462.85 for 'Children in Need'. It is a joy to see our families being so generous and supporting this special cause.



International Children in Need Day is a special day to raise awareness of children's rights and well-being around the world.

#### Bully Ballot

*We are delighted that our children feel safe at Camrose and are very happy and keen to come to school.*

*They feel that they are being listened to by all trusted adults involved in their learning journey.*







**Article 31:**  
The children have the right to relax and play.



Year 5 pupils have been invited to Canons High School to take part in various activities celebrating "Black History Month"

Here is some pupil feedback about the workshop:

*Dristi:* "Our day at Canons was amazing, I loved it so much! We had a dance workshop and an Art one. We have also played these huge drums I have never seen before. That was the best part!"

*Adam D:* "Our morning was amazing. I had so much fun!"

*Sahib:* "I really liked going to Canons because I had so much fun and we explored the buildings and played on the steel pans."

*Albert:* "I have learnt more about Black History and why it is important to respect everyone. I also liked when we were all dancing."

*Miriam:* "I really loved the Dance workshop and everything, including our visit to the Library. It was bigger than ours and we got a free book. I would rate the day at Canons 10/10 as I loved it so much!"



In our school we respect each other, we keep our promises, we encourage one another, we give second chances, we learn from our mistakes and celebrate each other's successes, we laugh often, we try our best - we are a family!

