

## Personal Development News (PDN)

The mindful approach to PSHE

04-03-2022

### Welcome to the first half-termly edition of PDN!

I'd like to start our first edition but introducing you to the authors of this newsletter; our PSHE Ambassadors!



<b>RSM</b> – Aluna D	<b>3BO</b> – Ziham
<b>RMS</b> – Daria T	<b>4IJ</b> – Evie-Grace
<b>1AM</b> – Denisa B	<b>4IN</b> – Miriam S
<b>1RS</b> – Mihai	<b>5AC</b> – Edy
<b>2JJ</b> – Joshan	<b>5RM</b> – Maliha
<b>2GH</b> – Sara	<b>6SR</b> – Eveline
<b>3KP</b> – Gabby	<b>6HH</b> – Timeea



Their role is to help ensure all our pupils know the importance of positive mental health.

They have been instrumental in helping us achieve the status of Jigsaw Flagship for PSHE which we are extremely proud of.

What I like about being a PSHE / Jigsaw Ambassador is...  
 being my jigsaw friend  
 Daria  
 RSM

As a PSHE / Jigsaw Ambassador...  
 We help people with PSHE if they struggle as well as making posters and bookings. Ziham 3BO

#### PSHE Ambassadors

The children know how PSHE works in the school and have a good understanding of how certain topics are being taught across the year groups.

What I like about being a PSHE / Jigsaw Ambassador is...  
 Someone special who talks about PSHE and what we have learnt so far. Gabriel E 3KP

