

Personal Development News (PDN)

The mindful approach to PSHE 04-03-2022



















Welcome to the first half-termly edition of PDN!

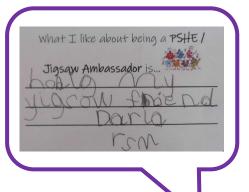
I'd like to start our first edition but introducing you to the authors of this newsletter; our PSHE Ambassadors!

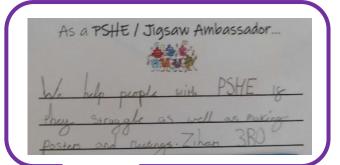
RSM – Aluna D	3BO – Ziham
RMS – Daria T	4IJ – Evie-Grace
1AM – Denisa B	4IN – Miriam S
1RS – Mihai	5AC – Edy
2JJ – Joshan	5RM – Maliha
2GH – Sara	6SR – Eveline
3KP – Gabby	6HH – Timeea



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.





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/







The children have the right to relax and play.









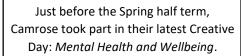


RMS



Children in years 4 – 6 attended a Virtual Reality workshop about bullying and ways to keep safe.





We all came to school dressed in our favourite clothes (showing off our personality) and spent the day exploring our mental health and learning about some different strategies we can use to take care of it.

Every class in the school was responsible for one of these strategies, each creating a canvas to display in a gallery to show how we can manage our mental health.





