

## Personal Development News (PDN)

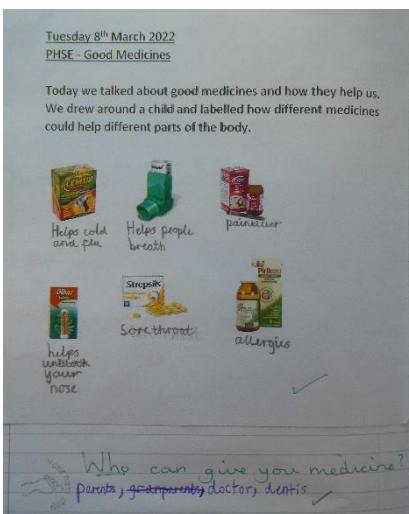
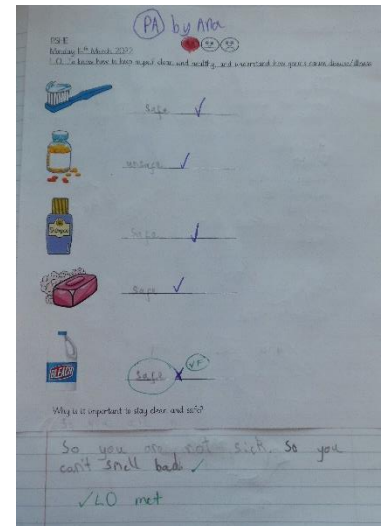
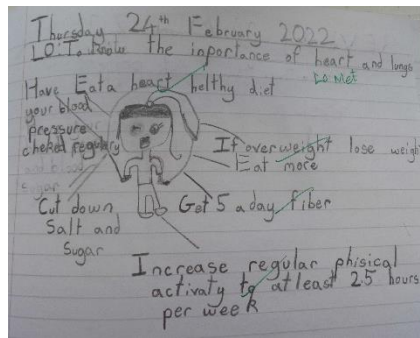
The mindful approach to PSHE  
29<sup>th</sup> April 2022



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

Last term, we have looked at how to stay healthy and how to look after our mental well-being. Our lessons were so exciting. We learnt new things as well as having so much fun with our friends! We have asked our peers what they have learnt in their lessons and what they liked the most and we would like to share what they said.

Here is some of our work on “Healthy Me” that we would like to share with you:



**Denisa 1AM:** “I learned that healthy is good and unhealthy is bad for you.”

**Sarah 3KP:** “My favourite PSHE lesson was about how to keep fit and healthy, I felt that it woke up my body.”

**Miriam 4IN:** “I like PSHE because we have great class discussions about how to keep ourselves and others relaxed and happy.”



**PHYSICAL**  
**P**

**SOCIAL**  
**S**

**HEALTH**  
**H**

**EDUCATION**  
**E**

**Article 28:**  
*Every child has a right to an education.*

**Antonia RMS:** "I like it when my teacher goes through the slides because they're fun and colourful."  
**Aluna RSN:** "I like when we take turns holding Jigsaw Jenny".  
**Joshan 2J:** "I like writing about my feelings."  
**Carla 2GH:** "I like singing the song about staying healthy."  
**Ziham 3BO:** "I have learnt about why my heart and lungs are such important organs."

**Smoking PSHE**

Cara is 13. She is best friends with Dixie. They love going into town at the weekend and looking round the shops. One day they bump into some older girls and boys from their school. Someone in the group recognises Dixie and calls her and Cara over to say hello. Cara and Dixie are asked if they would like a cigarette. They decide to take one and try smoking.

**What happens next?**  
When Cara gets home, her mum smells smoke on her and asks whether she has been smoking. Cara lies and says that she hadn't but says that she sat next to someone who was.  
Cara feels guilty about lying to her mum and about smoking. She knows that smoking is really bad for you.  
Suggest some ways for Cara to make the situation better.

**What happens next?**  
How would you solve this situation?  
Cara told me that she smoked and then I told her not to do it any more.

**Evie 4J:** "What I like about PSHE is that it is a lesson where we can open up and express ourselves without being judged."  
**Gideon 5AC:** "I liked that we have created a Healthy Me poster and that we know what a healthy lifestyle is".  
**Grace 5RM:** "I really like this topic because I can share my opinions and feelings with my friends and also learn new things".  
**Eveline 6SR:** "My favourite part of PSHE is that I can share my feelings with my class and find out if we have something in common".

**PSHE LO** To work cooperatively in a group to create an end product in pairs, we used our imagination and a range of materials to choose how to construct our dream bird. We discussed the colours and shapes we might use. We worked cooperatively to create an imaginary avian bird that might live in the garden of dreams and goals.

Tuesday 27th January 2022

**Jigsaw Jo** doesn't feel like going to dance practice. What could you suggest to help Jo?  
He can practice at home if he wants.

**Jigsaw Jo** doesn't want to eat the apple in the snackbox. What could you suggest to help Jo?  
His favourite apple to eat or the apple that is sweet, it's red one.

**Jigsaw Jo** doesn't want to go to bed on time. What could you suggest to help Jo?  
If he doesn't go to bed at 9 o'clock he will sleep when it's class time and the teacher will be made.

**Jigsaw Jo** doesn't feel like washing his hands after going to the toilet. What could you suggest to help Jo?  
If he doesn't wash his hands he will spread germs.

Great effort! L.O. met

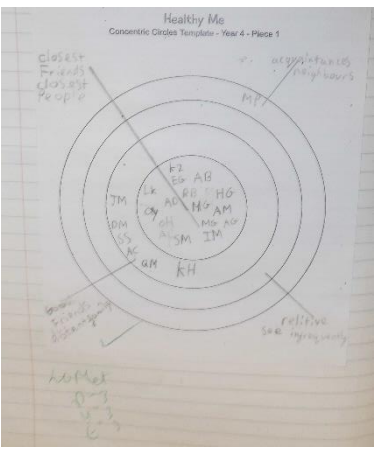
**Dreams and Goals**  
Goal Certificate Template - Year 2 - Piece 3

**Jigsaw Goal Certificate**

Thank you Nijasa

for working with me to achieve our goal on learning English by helping each other by spelling words correctly. She helps me know what words mean.

Well done, L.O. met



**Week 1 Smoking SA**

Our Team Name: 1/9

Circle the answer you think is correct.

- How many people die each year in the UK from smoking-related illnesses?  
A. 120,000 B. 500,000 C. 30,000 D. 3,500
- How many children take up smoking every day in the UK?  
A. 100 B. 450 C. 20 D. 1,000
- True or false: Low tar cigarettes don't cause that much health damage.  
A. True B. False
- What makes smoking addictive?  
A. Taste B. Nicotine C. Tar D. Wanting to look cool
- Which of these chemicals does the average ashtray contain?  
A. Arsenic B. Nicotine C. Ammonia D. All of these
- Which group smokes more: boys or girls?  
A. Girls B. Boys
- How much will smoking 20 cigarettes per day for a year cost you?  
A. £1070 B. £700 C. £500 D. £2700
- True or false: Smoking only damages your health if you have been smoking for years.  
A. True B. False
- What percentage of the adult population smokes?  
A. 40% B. 25% C. 60% D. 50%
- If we all know the dangers of cigarette smoking, why do young people start to smoke?  
A. Because their parents smoke B. Because they think it will help them stay slim C. Because their friends smoke D. Because they think they might try it and can easily give up when they want to

I have learnt that smoking is very addictive and that Taste, Nicotine

**Wednesday 16th March 2022**  
L.O. to understand the aspect of smoking

Ellie is 12 and her brother, Patrick, is 9. They have an older step-brother called Ricky who is around with some of his friends, and they are all smoking. Ricky sees Ellie and Patrick and Ricky had been smoking, he makes them promise not to tell their dad. If their dad found out that...

**What happens next?**  
Later, at home, Ellie and Patrick's dad asks them if they know what Ricky was doing that day. They tell their dad that they saw Ricky smoking in the park with his friends.  
**What happens next?**  
Ellie and Patrick feel guilty that they have gone back on a promise. Then Ricky gets home.  
**What happens next?**  
Suggest some ways for Ellie and Patrick to make the situation better.

Explain how people that smoking... They have peer pressure and keep smoking continually and they think it is okay but actually it hurts your lungs and other things that are... they get addicted.

**PHYSICAL**  
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