



# PSHE: Newsletter



## Autumn Term (1)

14<sup>th</sup> September 2018

Dear Parents and Carers,

At Shirley Infants we believe that for your child to be able to learn they need to be happy, confident, understand their feelings and know how to get on with each other and make friends. We aim to develop the whole child, not only in terms of academic ability and progress but in respect of their Personal, Social and Health development (PSHE). The whole curriculum contributes to the personal, social, emotional and health development of our pupils and these have an impact on the ethos of our school – its aims, attitudes, values and procedures

The theme for this Autumn 1 half-term is New Beginnings. During the term alongside our PSHE work the children will be exploring how to create a learning environment that helps them learn together in a happy, busy and safe way. They will also learn about the feelings they have when they are happy, sad, scared and excited, and how to manage them in and around the classroom.

On the reverse of this letter we have a home activity for you to participate in with your child to help them consolidate their learning. We will be happy to talk about this with you if you would like to. Home learning can be as big or small as you like, it can be creative or talking. It is personal to your child.

We encourage the children to share their views, opinions and ideas during circle times and PSHE sessions. These sessions often support children with issues/worries they may be having. Sometimes children need more of a 1:1 time with an adult to discuss a worry. We call this time 'Bubbletime'. This means any child can ask any adult in the school for bubble time. An appropriate time is then found at some point during the day and the child can talk the issue through. The child and the adult then 'pop' the bubble and the worry has gone away because it is good to share a little worry then let it grow into a very big worry. If you have any questions about 'Bubbletime' please come and speak to me or your child's class teacher.

We have a 'feeling word of the week' which we will talk about in class and use circle times for the children to discuss when they have felt like this. The aim is to build up children's vocabulary and for them to be able to express how they feel more clearly. Please support your child at home, by asking and talking about the feeling word of the week.

There are some lovely books which you could read at home with your child/children to support this theme. These are:

***Starting School By Allen Ahlberg,***

***Clever Sticks by Bernard Ashley,***

***Owl Babies by Martin Waddell***

***Katie Morag and Tiresome Ted by Mairi Hedderwick.***

We are very excited about the fantastic work we have planned for PSHE this year. I hope you will continue to support us with this important aspect of your child's education.

With best wishes,

Aimee Reilly  
PSHE Leader

