



PSHE



Welcome to the Year 5/6 PSHE newsletter. We hope you will find the information here useful. Please come and speak to us if you have any questions.

The focus for PSHE this term: Healthy Minds – focusing on ways children can keep mentally well as well as Good Friendships.



Key Learning

I know that to be healthy I need to have good physical, emotional and mental health
I can recognise people who can help and support me.
I recognise that my emotions will change as a result of growing up
I know that my mental, emotional and physical health are part of my general wellbeing

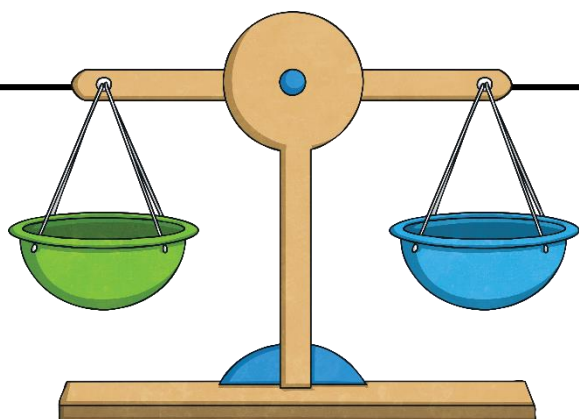
Key Vocabulary

Changes Support Behaviour Anxiety Stress Healthy minds
Mental Wellbeing Healthy Balanced diet Exercise

A Good Friend?



So long as a relationship is healthy and balanced, any argument or disagreement can be resolved and worked through because in a healthy relationship, the two people respect each other and therefore can work through difficult times.



Key Learning

Know strategies for recognising and managing peer influence and a desire for peer approval in friendships; to recognise the effect of online actions on others

Know how to recognise pressure from others to do something unsafe or that makes them feel uncomfortable and strategies for managing this

Know where to get advice and report concerns if worried about their own or someone else's personal safety (including online)

Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

Know about keeping something confidential or secret, when this should (e.g. a birthday surprise that others will find out about) or should not be agreed to, and when it is right to break a confidence or share a secret

Recognise that there are different types of relationships (e.g. friendships, family relationships, romantic relationships, online relationships)

Know how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice

Recognise if a friendship (online or offline) is making them feel unsafe or uncomfortable; how to manage this and ask for support if necessary

Know about privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);

R26. about seeking and giving permission (consent) in different situations

Key Vocabulary

pressure, influence, peer, negative, behaviour, resist, support, help, anxious, dangerous, unhealthy, uncomfortable, wrong, secrets, shared, kept, confidential, confidence, share, support, unhealthy, healthy, relationship