

Friday 20th September 2024

Personal, Social, Health Education (PSHE) Week

Dear Parents and Carers,

The Solent Schools will be supporting taking part in a PSHE week to support transition between schools and year groups. This will be on the week beginning October 7th. This year, we have linked this to the NSPCC themed week around kindness.

The Infant School will be exploring the book, 'Conker the Chameleon'. Conker the Chameleon sets out on an adventure to teach us how important it is to talk about our feelings. While most chameleons change colour to show how they are feeling, Conker is a little bit different! This story will welcome conversations across each year group on the importance of talking about our feelings. It will encourage them to feel confident and safe to share with us how they are feeling rather than bottling those emotions up. The week will be filled with a range of creative activities to reflect the importances in the story, such as making a chaMEleon tree, linking feelings to colours, and much more!

The Junior School will be focussing on the book 'Have you filled a bucket today?'. This is all about how making kind choices big and small can impact yourself and everyone around you – metaphorically 'filling your bucket'. We will discuss how we can show kindness and examples of random acts of kindness that we can achieve. This will be part of our reading lessons as well as our PSHE lessons for the week.

In addition to this, The Solent Schools will be taking part in 'Hello Yellow' on Thursday October 10th. All members of Solent will be invited to wear yellow to raise awareness of children and young people's mental health.

Yours sincerely,

Miss Cawthorne and Mrs Tobin

PSHE leads