

# RIVERLEY NEWS

PROUD TRADITIONS

WIDE HORIZONS

HIGH ACHIEVEMENT

PSHE 02

FRIDAY 17 NOVEMBER 2023

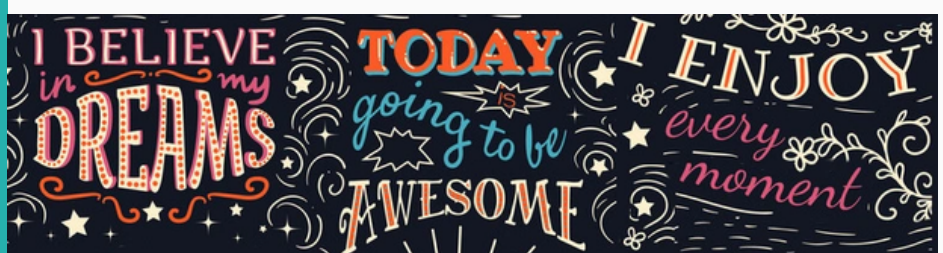
## NEWS & FEATURES

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Dear Riverley Families,

I am delighted to share our Personal, Social, Health and Economic education (PSHE) this term with you all. Throughout the school, our children have actively participated in a range of captivating topics. A highlight has been the successful re-launch of our Wellbeing and RE pupil leadership team, and we are thrilled by the enthusiastic response from students who applied.

It is important to note that PSHE extends beyond dedicated lessons. Our ambitious teachers employ various tools to equip your children with the skills they need to navigate the ever changing world. From social stories fostering relationship-building to utilising the Zones of Regulation tool for emotional management and incorporating yoga for maintaining calmness. Our holistic approach ensures a comprehensive learning experience.

This half term, our PSHE focus has centred on regulating emotions and developing self-confidence. It is wonderful to witness the progression of each year group, building on the foundations laid in previous years and to see the positive impact on the growth and development of our students.

If you wish to lead a Well-Being club next half term with a member of staff, please let myself or a member of the team know.

Kind regards,  
Hannah Thornton  
PSHE and Wellbeing Lead

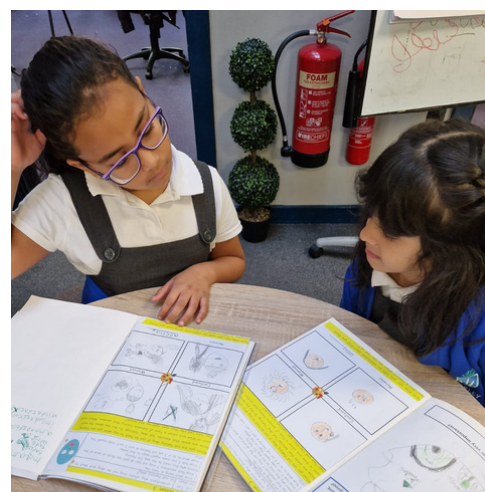
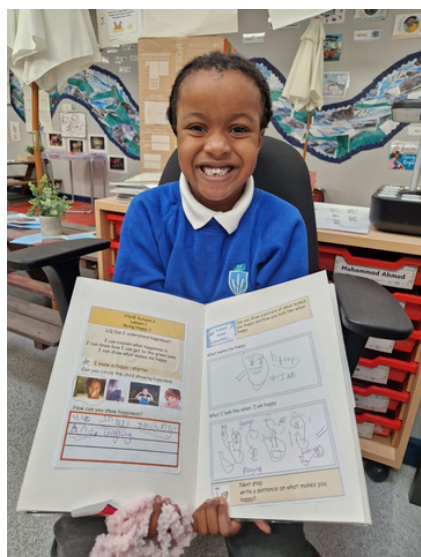


## IT'S OKAY TO...



- FEEL SAD, ANGRY, WORRIED... ANYTHING
- ASK FOR HELP
- HAVE "OFF DAYS"
- WANT TO BE ALONE
- BE TIRED
- NOT FEEL LIKE TALKING
- SET BOUNDARIES
- SAY NO

# Year 1



In Year 2, the children have been exploring the important topics of feeling sad and dealing with loss.

Our nurturing environment has enabled pupils to take part in these discussions, fostering emotional intelligence and resilience. This has been evident in the conversations children have been having in class by staying positive and using positive affirmations when speaking about themselves and others.

Taking a few moments to ask them about their day, how they are feeling, and any experiences they might want to share can provide a supportive space for the children's emotional expression. This simple practice can contribute to their overall well-being.

In Year 1, our young learners have delved into important PSHE topics, focusing particularly on the themes of happiness and embracing the notion that: it's okay not to be okay. Through engaging class discussions, our students have fostered a deeper understanding of their emotions and develop empathy for others. These conversations have provided a safe space for children to express their feelings, reinforcing the idea that everyone experiences a range of emotions, and it is perfectly normal.

To extend this learning beyond the classroom, we recommend exploring the Tom Percival book series, including titles such as "Ravi's Roar." These captivating stories not only entertain but also offer valuable lessons on emotional well-being and understanding that it is alright to feel a variety of emotions. We encourage parents to incorporate these books into their home reading routine, sparking further discussions about emotions and helping children navigate the complex landscape of feelings with empathy and resilience.

# Year 2

## POSITIVE AFFIRMATIONS

to say to your children



Your  
**WORDS**  
Can Help your  
**Child Stay Positive**



"I can see you are trying hard" or "you can do it": When your child is trying to succeed at something to boost their confidence.



"All of us make mistakes" or "keep trying, I'm here when you need": To motivate them and reassure them of your support.



"You are capable of handling it": To make them realize their potential when faced with challenges.



"I knew you could do it" or "I am proud of you": To congratulate and encourage them every time they achieve something.



"That's an interesting idea": To motivate your children to be more creative and innovative.

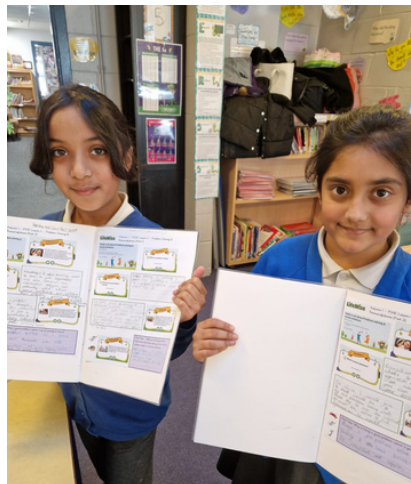


"I love you" or "I am grateful for you": To let them know they are perfect to you.

# Year 3

Over the recent weeks, our enthusiastic Year 3 students have actively engaged in exploring the critical topics of self-image and anxiety. These explorations have taken the form of thoughtful discussions and engaging activities aimed at fostering a positive understanding of self and equipping pupils with valuable strategies to manage anxiety effectively.

Within the classroom, students have been encouraged to express their thoughts and feelings openly, creating a supportive environment for personal growth and self-reflection. Through various interactive exercises, they have gained insights into building a healthy self-image and are developing coping mechanisms for handling moments of anxiety. Children have felt empowered with the tools necessary to navigate these aspects of their emotional well-being, fostering resilience and self-awareness.



# Year 4

This term in PSHE, our primary focus has centred on key topics, specifically the impact of discrimination in the wider world. Children have actively studied various aspects of these issues, gaining a deeper understanding of both their root causes and the far-reaching effects they can have on individuals and in society.

Pupils engaged in open conversations, creating an environment where such discussions are encouraged and valued. Scenario based activities have enabled children to share different view points and discuss ways in which they can support others to understand discrimination.

# Year 5



In Year 5, our focus has revolved around essential life skills, particularly the study of dealing with adversity, responsibility, and inspiration. Students have actively engaged in exploring these key aspects, gaining a profound understanding of how to navigate challenges, take on responsibilities, and find inspiration in various situations.

Children have begun to foster open conversations with each other about instances where they have faced adversity, taken on responsibilities, or found inspiration. This collaborative approach aims to instil a sense of resilience, accountability, and motivation in our students as they progress through their educational journey.



# Year 6

In Year 6, the focus has been regarding crucial life skills, encompassing the study of dealing with adversity, responsibility, inspiration, and now, the organisation of life. Students actively immerse themselves in understanding how to navigate challenges, take on responsibilities, and draw inspiration in various contexts.

Additionally, we introduce the vital skill of life organisation, preparing students for the transition to more independent responsibilities. To complement this learning, parents are encouraged to support their children by providing small responsibilities at home, such as helping pack bags at the supermarket or assisting with dish cleaning. These practical tasks aim to cultivate essential life organisational skills, enhancing independence and preparedness as our Year 6 pupils advance in their educational journey.

