



## **Personal, Social and Emotional Education(PSHE)**

I hope you are all well and managing to stay safe during these difficult times.

As PSHE lead, I know that the children are missing planned learning in PSHE as we are not in school. However, as families, we are facing many new personal, social and health challenges and these must be our focus. The PSHE ideas that I am tweeting and sending out are therefore generally information linked to where we are now.

The following link will take you to up to date information in supporting children in understanding the current situation and Covid-19. The information is from the Royal College for Paediatrics and Child Health: <https://www.rcpch.ac.uk/resources/covid-19-resources-parents-carers>

On the right hand side of the page there is a link to some nice activities to do to support wellbeing and PSHE.

The following site also has some useful activity ideas for managing wellbeing during lock down: <https://www.partnershipforchildren.org.uk/what-we-do/childrens-wellbeing-activities-for-teaching-staff-and-families.html>

If you would like to try something different, you can access the first aid lessons that key stage 2 do in school via the following link: <https://www.sja.org.uk/get-advice/key-stage-first-aid-lesson-plans/key-stage-2-first-aid-lesson-plans/>

Please bear in mind it is recommended that the lessons are taught by someone who is first aid trained but the lessons are very well explained.

If you prefer something a more visual, this site is also very good!  
<https://lifeliveit.redcross.org.uk/>

Please feel free to tweet some pictures of you having a go!

Take care  
Hope to see you all soon  
Mrs White

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