

New PSHE topic



In PSHE this half term, pupils will be looking at the topic of 'Relationships'. This will be relationships with food, peers, mental health and online. In this week's lesson, pupils recognised how it feels to be mentally well and what positive relationships they can have when they feel like this. Pupils also identified times when their mental space may be impacted due to relationships with various factors.

One of the main discussions we had was around challenges and support and pupils had the opportunity to look at these sections from their own point of view. Pupils identified factors that may challenge their mental well-being and identified areas of support that could help maintain a good balance for their well-being.

We also discussed the importance of having certain 'negative' feelings such as stress and nerves. We identified that these feelings can sometimes help us thrive in situations and having these emotions is completely normal.

As we move through the topic, we will implement this knowledge into how we can impact other people's mental well-being and begin to look at online safety procedures to make sure we are supporting and looking after ourselves and others.

Miss Jade Preston