



Autumn 1

Important Dates



Protective Behaviour lessons- Autumn
 Odd Socks Day- Tuesday 11th November
 Anti-Bullying Week- 'Power for Good' Monday 10th-Friday 14th November

Don't forget to take a look at our school website for photographs and information about PSHE at All Saints.

Protective Behaviours



Protective Behaviours is a practical and down to earth approach we use to teach personal safety.

Feelings are feelings! It is important to know when we are feeling safe and when it's ok to have some adventurous fun. It can feel fun to take risks, when we have choice, control and time limit.



During Autumn 1 all children will be learning about Keeping Safe in their PSHE lessons.

This unit will cover safety aspects from statutory Relationships Education, including helping children to identify trusted adults in their lives, what to do when faced with a dilemma, and recognising appropriate and inappropriate touch.

They will be learning:

- The things we need to keep healthy, including healthy food, exercise and sleep
- How to keep safe when ill - including medicine safety
- Staying safe online
- Choices that affect our health
- Pictures that are safe/unsafe to share online and tips for safe sharing
- Water and road safety

Take a look at the following links for more information and ideas to do at home...

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/keeping-myself-safe-3-5-years>

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/keeping-myself-safe-5-7-years>

<https://www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/keeping-myself-safe-7-9-years>



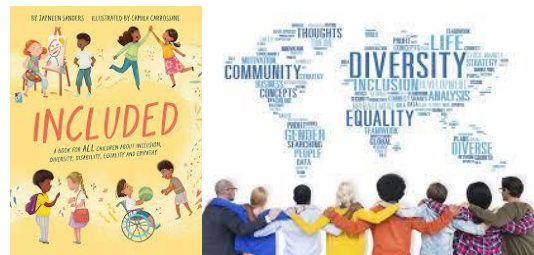
Self-Care September

<https://actionforhappiness.org/10-keys>

Equality and Diversity

Book Recommendation

The aim of this story is to ensure all kids understand that kids with disability are just like kids everywhere. They love playing games, books, making stuff and being silly. They have things they are good at and things they need to work on. And just like kids everywhere they want to feel safe, loved and included. This book provides the reader with ways they can be more inclusive in their play and encourages the celebration of diversity in all its unique and wonderful forms. Children will come away with a growing understanding that people everywhere have differing abilities, and this only makes the world a more colourful, exciting, diverse and amazing place.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find time for self-care. It's not selfish, it's essential.	2 Notice the things you do well, however small.	3 Let go of self-criticism and speak to yourself kindly.	4 Plan a fun or relaxing activity and make time for it.	5 Forgive yourself when things go wrong. Everyone makes mistakes.	6 Focus on the basics: eat well, exercise and go to bed on time.	7 Give yourself permission to say 'no'.
8 Be willing to share how you feel and ask for help when needed.	9 Aim to be good enough, rather than perfect.	10 When you find things hard, remember it's ok not to be ok.	11 Make time to do something you really enjoy.	12 Get active outside and give your mind and body a natural boost.	13 Be as kind to yourself as you would to a loved one.	14 If you're busy, allow yourself to pause and take a break.
15 Find a song, saying, phrase to use when you feel low.	16 Leave positive messages for yourself to see regularly.	17 No plans day. Make time to slow down and be kind to yourself.	18 Ask a trusted friend to tell you what strengths they see in you.	19 Notice what you are feeling, without any judgement.	20 Enjoy photos from a time with happy memories.	21 Don't compare how you feel inside to how others appear outside.
22 Take your time. Make space to just breathe and be still.	23 Let go of other people's expectations of you.	24 Accept yourself and remember that you are worthy of love.	25 Avoid saying 'I should' and make time to do nothing.	26 Find a new way to use one of your strengths or talents.	27 Free up time by cancelling any unnecessary plans.	28 Choose to see your mistakes as steps to help you learn.
29 Write down three things you appreciate about yourself.	30 Remind yourself that you are enough, just as you are.					

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