

Important Dates

- Random Acts of Kindness Week 14th- 20th Feb
- World Book Day 7th March
- World Wildlife Day 3rd March
- Red Nose Day 15th March
- International day of Happiness 20th March



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 Spring term all children will be learning about **Growing and Changing** in their PSHE lessons.

This unit will cover the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence.

For ages 3-7, it's about helping children to understand what a good friend is and how to be one, about different types of families, what the differences are between boys and girls, and what the private parts of the body are, helping them to keep safe.

For ages 8-11 it's building on the information above and developing further knowledge about the physical and emotional changes that take place, alongside learning the reasons for the changes in more detail.

At home, various opportunities to talk to our children can arise when we're watching TV, listening to the radio, or when children are trying to make sense of their own bodies or relationships with others.

A separate letter will be sent home with more information about what your child will be learning about.

Random Acts of Kindness Day

Celebrated in February, National Random Acts of Kindness week has grown in popularity each year. It is celebrated by individuals, groups and organisations, nationwide, to encourage acts of kindness.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths	6 Take five minutes to sit still and just breathe	
7 Learn something new and share it with others	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat	13 Take a different route today and see what you notice
14 Eat healthy food which really nourishes you today	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough	20 Go to bed in good time and allow yourself to recharge
21 Try out something new to get out of your comfort zone	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today	27 Challenge your negative thoughts and look for the upside
28 Ask other people about things they've enjoyed recently	29 Say hello to a neighbour and get to know them better	30 See how many people you can smile at today	31 Write down your hopes or plans for the future			

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