



Autumn 1 2024

Important Dates



Harvest Assembly-
 Protective Behaviour lessons- 1 a week for 4 weeks
 Odd Socks Day- Tuesday 12th November
 Anti-Bullying Week- Monday 11th-Friday 15th 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
- 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>



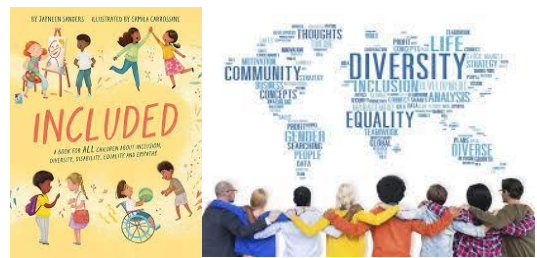
Self-Care September

<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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1. Plan a fun or relaxing activity and make time for it	2. Notice the things you do well, however small	3. Let go of self-criticism and speak to yourself kindly	4. Find time for self-care. It's not selfish, it's essential	5. Be willing to share how you feel and ask for help when needed	6. Aim to be good enough, rather than perfect	7. When you find things hard, remember it's ok not to be ok
8. Plan a fun or relaxing activity and make time for it	9. Notice the things you do well, however small	10. Let go of self-criticism and speak to yourself kindly	11. Find time for self-care. It's not selfish, it's essential	12. Be willing to share how you feel and ask for help when needed	13. Aim to be good enough, rather than perfect	14. When you find things hard, remember it's ok not to be ok
15. Plan a fun or relaxing activity and make time for it	16. Notice the things you do well, however small	17. Let go of self-criticism and speak to yourself kindly	18. Find time for self-care. It's not selfish, it's essential	19. Be willing to share how you feel and ask for help when needed	20. Aim to be good enough, rather than perfect	21. When you find things hard, remember it's ok not to be ok
22. Plan a fun or relaxing activity and make time for it	23. Notice the things you do well, however small	24. Let go of self-criticism and speak to yourself kindly	25. Find time for self-care. It's not selfish, it's essential	26. Be willing to share how you feel and ask for help when needed	27. Aim to be good enough, rather than perfect	28. When you find things hard, remember it's ok not to be ok
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