



Building Personal Success



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Dear Parents and Carers,

Each half term, each class is given two PSHE (Personal, Social and Health Education) inspired books to read in class. The children listen to the story, then think about all of the concepts to do with PSHE which the book relates to. They turn these concepts into philosophical questions and they then discuss the possible answers to these questions.

The children are encouraged to use their skills to define and refine questions, find meanings, justify their ideas and explain what they mean. They learn to speak with confidence, they learn to listen well to each other and they learn to build on the thoughts and ideas of each other to create a meaningful dialogue. They find polite ways to say that they agree and disagree with each other's points of view and they practise finding examples and evidence to describe and clarify their thoughts and opinions – all at a level appropriate to their age.

This activity aims to build communities of enquiry where children develop their creative, critical, caring and collaborative thinking skills.

Caring Listening, concentrating, valuing and appreciating e.g. showing interest in, and sensitivity to, others' experiences and values.	Collaborative Responding, communicating, supporting and conciliating e.g. building on each other's ideas, shaping common understandings and purposes.
Critical Questioning, interrogating, reasoning and evaluating e.g. seeking meaning, evidence, reasons, distinctions and good judgements.	Creative Connecting, relating, suggesting and speculating e.g. providing comparisons, examples, criteria, alternative explanations or conceptions.

At our recent RSHE parental consultation, parents asked for information about these books so that they could investigate the contents of the books themselves and prepare to talk to their children about the books at home.

These are the books being used, in Year 1 for PSHE Read Aloud, this academic year:

Book and Author	Themes to be explored
Astro Girl by Ken Wilson-Max	Astrid has always loved the stars and space. "I want to be an astronaut!" she says. While her mother is away, her dad and Astrid have fun acting out the challenges an astronaut faces on a space mission - eating food from a tube, doing science experiments, living and sleeping in near-zero gravity. At the end of the story, the children discover that Astrid's mum is a real-life astronaut, demonstrating that our dreams and ambitions can come true.
Billy Monster's Daymare by Alan Durant	Billy Monster cannot sleep, he has horrible daymares about boys and girls. Although Daddy Monster has tried howling a lullaby and making a soothing cup of cold slime, Billy is still worried. Set in a world where monsters are scared of children, this story helps us to explore the concept of fear and discuss how to overcome our own fears.
Cool Cuts by Mechal Renee Roe	A book about celebrating different haircuts and hairstyles, this book promotes a discussion about the importance of positive self-esteem.
I Am Enough by Grace Byers	This book explores the themes of loving who you are, respecting others and being kind to each other.
I don't like Koala by Sean Farrell	Adam does not like Koala. Adam tries explaining this to his parents and he tries putting Koala away-far away. The story explores how we express our feelings, what can cause them and how sometimes we can change our mind.
Juniper Jupiter by Lizzy Stewart	This story promotes a discussion about appreciating and valuing what we have and recognising the importance of the people in our family and friendship groups.
Look Up	A story about family relationships and the importance of taking timeout to appreciate the

by Nathan Bryan	beauty of our world.
Oh No George by Chris Haughton	We learn about George the dog who really tries his best to be good, but something always manages to go wrong, promoting a discussion about temptation and remembering to do the right thing.
Please Mr Panda by Steve Antony	This is a story that promotes the need to use your manners. Mr Panda has a tray of doughnuts. Patiently and politely, Mr Panda asks his friends if they would like one. Each animal says yes, but without the all-important 'please!' Is anyone worthy of Mr Panda's doughnuts?
Puffin Peter by Petr Horáček	A book about the importance of friendship.
Secret, Secret by Daisy Law	There are lots of different types of secrets. This picture book subtly explores the different types of secrets children may have, and encourages them to feel confident to share their secrets. It provides a great opportunity for discussing the things we should and shouldn't keep secret.
The Crocodile Who Didn't Like Water by Gemma Merino	This book looks at what it feels like to be different from everyone else and to feel as though you don't fit in. It has a message of accepting who you are and a message of accepting that others around you may be different from you.
The Koala Who Could by Jim Field	Meet Kevin the koala who likes to keep things the same. But sometimes change comes along whether we like it or not... And, as Kevin discovers, if you step outside your comfort zone and try new things, you might just surprise yourself! This story encourages the children to talk about dealing with change and overcoming worries.
The Sneetches by Dr Seuss	The Star-Bellied Sneetches think they're much better than the Plain-Bellied Sneetches. But they're about to discover that it's what's inside that really matters! This story promotes a discussion about not judging people by the way they look but instead to think about easy to really get to know each other.
The Three Billy Goats' Stuff! by Bob Hartman	This is a retelling of the popular traditional tale of the story of the Three Billy Goats Gruff with a twist. This time the Troll can be found under the climbing frame in the school playground of the Traditional Academy for Small Furry Animals and the Odd Mythical Creature. The story explores the concept of what to do if someone is being a bully.
The World Made a Rainbow by Michelle Robinson	A story about hope and possibility even when we feel lost and alone. Helping the children to process the lockdown and start to think about how being resilient helps us to cope with everything life throws at us.
This is Sadie by Sara O'Leary	A story about the importance of imagination and appreciating everything the world has to offer.
Under the Ramadan Moon by Sylvia Whitman	Ramadan is one of the most special months of the Islamic year, when Muslims pray, fast, and help those in need. This story will introduce the children to Ramadan and explain that it is a time for reflection and ritual with family and friends. Children who have experience themselves of this special month will be able to share with their friends and discuss this special time for their family.
Where Are My Books? by Debbie Ridpath Ohi	Spencer loves to read. He reads a book every night. But one morning his favourite book goes missing, and in its place is a tulip. Spencer searches high and low, but he can't find his book. The next morning another book is missing, a nut in its place. And the morning after that, another book is missing. The story explores problem solving and working together.

If you would like any further information or would like to discuss these books in more detail, please do not hesitate to speak to your class teacher, the PSHE lead – Ms Henson (Reception - Cameroon), or to me.

Kind regards,
Mrs Marie Hardie
Deputy Head Teacher

PSHE Read Aloud Books: Year 1

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Theme	Being Me in My World		Celebrating Difference		Dreams and Goals		Healthy Me		Relationships		Changing Me	
England	Secret, Secret by Daisy Law	Look Up by Nathan Bryan	Juniper Jupiter by Lizzy Stewart	This is Sadie by Sara O'Leary	Puffin Peter by Petr Horáček	Under the Ramadan Moon by Sylvia Whitman	The Three Billy Goats' Stuff! by Bob Hartman	The Koala Who Could by Jim Field	The World Made a Rainbow by Michelle Robinson	The Sneetches by Dr Seuss	The Crocodile Who Didn't Like Water by Gemma Merino	I Am Enough by Grace Byers
Ireland	The Crocodile Who Didn't Like Water by Gemma Merino	Look Up by Nathan Bryan	Juniper Jupiter by Lizzy Stewart	The Sneetches by Dr Seuss	I Am Enough by Grace Byers	Puffin Peter by Petr Horáček	Oh No George by Chris Haughton	Secret, Secret by Daisy Law	The Koala Who Could by Jim Field	The World Made a Rainbow by Michelle Robinson	Under the Ramadan Moon by Sylvia Whitman	Billy Monster's Daymare by Alan Durant
Scotland	Juniper Jupiter by Lizzy Stewart	The World Made a Rainbow by Michelle Robinson	Look Up by Nathan Bryan	The Crocodile Who Didn't Like Water by Gemma Merino	Under the Ramadan Moon by Sylvia Whitman	Oh No George by Chris Haughton	Puffin Peter by Petr Horáček	Secret, Secret by Daisy Law	The Sneetches by Dr Seuss	Please Mr Panda by Steve Antony	I Am Enough by Grace Byers	The Koala Who Could by Jim Field
Wales	The World Made a Rainbow by Michelle Robinson	Juniper Jupiter by Lizzy Stewart	Look Up by Nathan Bryan	Cool Cuts by Mechal Renee Roe	Oh No George by Chris Haughton	The Sneetches by Dr Seuss	I Am Enough by Grace Byers	Under the Ramadan Moon by Sylvia Whitman	Please Mr Panda by Steve Antony	Secret, Secret by Daisy Law	The Koala Who Could by Jim Field	The Crocodile Who Didn't Like Water by Gemma Merino