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Tuesday, 26 September 2023

Dear Parents and Carers,


Each week, each class in Reception take part in Personal, Social and Emotional Development (PSED) activities. At Brampton, we base our PSED activities on the Jigsaw scheme of work and adapt them for the children here at Brampton. There is a different topic each half term. This half term, all of the classes from Reception to Year 6 will be looking at the topic: **Being Me in this World**.

Parents and carers are given information about these lessons so that they can:

- 1) talk to their child at home about the learning that has taken place in school and
- 2) seek further information from the school if they have any questions around the content of the activities.

These are the objectives being covered in PSED in Reception this half term; children should:

- ~ see themselves as a valuable individual;
- ~ build constructive and respectful relationships;
- ~ express their feelings and consider the feelings of others;
- ~ identify and moderate their own feelings socially and emotionally;
- ~ think about the perspectives of others and
- ~ manage their own needs.

Autumn 1 Week	Personal, Social and Emotional Development Activities	Friday Achievement Assembly Certificates
1 Who...Me?!	<p>Learning Intention</p> <ul style="list-style-type: none"> ~ I understand how it feels to belong and that we are similar and different. <p>PSED Activities</p> <ul style="list-style-type: none"> ~ Play a range of circle time name games. ~ Sing the Jigsaw song: <i>Together as One</i>. ~ Introduce Jigsaw Jenie and explain that the person holding it has their turn to share whilst everyone else listens. ~ Look at a selection of toys together, tell a partner which one is your favourite and why. ~ Pass around Jigsaw Jenie and share your name and which toy is your favourite to the rest of the class (if able, give a reason why it is your favourite). ~ Look at the things that are the same and different about the toys. Explain that just as the toys are all different, so are we. Introduce the word, 'unique'. Explain that they also have something in common – they all are toys and they all are members of Brampton – just like us. So in some ways we are different but in some ways we are the same. Explain that this makes for a wonderful world! 	 <p>This week we are celebrating people who help others to feel welcome.</p>

<p>2 How am I feeling today?</p>	<p>Learning Intentions ~ I can start to recognise and manage my feelings.</p> <p>PSED Activities ~ Sing the jigsaw song, <i>Together as One</i>. ~ Look at a range of photos showing four emotions. Sort the photos together into 4 hoops labelled: happy, sad, excited and angry. Why do you think they are...? ~ Pass around Jigsaw Jenie and talk about a time you had one of these emotions, 'I felt happy when...' 'I felt angry when...' etc. ~ Discuss what we can do to feel better when we feel angry or sad. Explain that as a class, it is our job to be kind friends. So, if you see someone without a smile, give them one of yours. ~ Play pass the smile.</p>	<p>This week we are celebrating people who try to make our school community a better place.</p>
<p>3 Being at School</p>	<p>Learning Intentions ~ I can work together and consider other people's feelings.</p> <p>PSED Activities ~ Talk about times when someone has not been allowed to join in with a game or when a mess has been left in the classroom. Explain that this can make us all feel sad. ~ Talk about what the solution could be to these problems. ~ Talk about how we are all a part of Brampton and of our class and so we all work together to look after each other and our setting. ~ Go through the rules around tidy-up time – what the signal is, what we have to do and how we can make it fun!</p>	<p>This week we are celebrating people who think about everyone's right to learn.</p>
<p>4 Gentle Hands</p>	<p>Learning Intention ~ I understand why it is good to be kind and use gentle hands.</p> <p>PSED Activities ~ Sing the jigsaw song, <i>Together as One</i>. ~ Explain that Jigsaw Jenie has been crying because they are sad about something they did – they had been playing and someone else wanted to join in, Jigsaw Jenie had said no but they kept asking and then Jigsaw Jenie hit them. ~ Talk about why it is important to use words and not our hands in this situation. ~ Read a book about how hands are not for hitting. ~ Introduce the phrase: <i>Please don't do that, I don't like it</i>. Explain to the children that they can say this if someone is hurting or annoying them. If someone says this to us, we have to stop straight away. ~ Ask the children if they think Jigsaw Jenie is sorry for what they did. Do they think that they should be given another chance to be nice when playing outside? Explain that we all make mistakes but we can say sorry and find a better way to play next time.</p> <p>Books Possible books to be read to fit in with the theme:</p> <ul style="list-style-type: none"> • <i>No Hitting Henry</i> by Lisa Regan • <i>Hands are Not for Hitting</i> by Martine Agassi 	<p>This week we are celebrating people who care about other people's feelings.</p>
<p>5 Our Rights</p>	<p>Learning Intention ~ I am starting to understand children's rights and this means we should all be allowed to learn and play.</p>	<p>This week we are celebrating people who</p>

	<p>PSED Activities</p> <ul style="list-style-type: none"> ~ Play the game: keys. Discuss that it was okay to take the keys as part of the game, but in real life, it is not okay to take something that belongs to someone else. We have the right for our things and ourselves to be safe. ~ What other rights do we have? Look at some pictures that illustrate these rights; e.g. looking at a book, playing outside, drinking water etc. Play the <i>What If?</i> game – what if we were not allowed to do these things? ~ Look again at the school rules and charter, why do we have them and how does it affect others if we do not keep to them? ~ Sing <i>If You're Happy and You Know It...</i> but change the words to 'help your friends/look after the toys' etc. The children make up their own actions to the new words. 	work well with others.
6 Our Responsibilities	<p>Learning Intention</p> <ul style="list-style-type: none"> ~ I am learning what being responsible means. <p>PSED Activities</p> <ul style="list-style-type: none"> ~ Read the story: <i>Dogger</i>. Talk about our responsibilities and what can happen when we get distracted and don't look after things properly. ~ Talk about the right to be safe and the responsibilities we have in school as a result of this right. For example, we have to keep the classroom tidy, we have to walk in the corridor, we have to play well together, we have to put things back in the right place etc. ~ Each person is give a job to do in the classroom. <p>Books</p> <ul style="list-style-type: none"> • <i>Dogger</i> by Shirley Hughes 	This week we are celebrating people who choose to follow the Learning Charter.

If you would like any further information or would like to discuss these objectives in more detail, please do not hesitate to speak to your class teacher, to the PSHE subject leader – Ms Akram (Y6 Chile class) or to me.

Yours faithfully,

Mrs Marie Hardie
Deputy Headteacher