

Why might children of the Jewish faith look forward to Shabbat?



PSHE Link Question
What are human rights?
 Human rights are the basic rights and freedoms that belong to every person in the world, from birth until death. These basic rights are based on shared values like dignity, fairness, equality, respect and independence. These values are defined and protected by law.

How are these rights demonstrated in the classroom, school and wider community?

- Access to education for everyone
- Share opinions
- Respect others
- Opportunities for all
- Challenge yourselves
- Make own decisions
- Options and support for all abilities
- Be able to have their opinions heard and listened to
- Share beliefs
- Express feelings
- Fair
- Mutual respect
- Inclusive
- Diverse
- Encouragement and support for all
- Democracy
- School Council vote and share ideas

The YoungMinds Wellbeing Advent Calendar
 Looking after your wellbeing as you countdown to the holidays

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Give a gold star SOLD: Have cut out stars for pupils to write on and give to the person on their list. Have some examples such as - "I give you a gold star for always making me smile!" TOGETHER: Ask each pupil to read their gold star aloud and hand them out.	3 Quiet time Play some calming music and ask everyone to close their eyes and listen, focusing on their breathing. Play music from festive films like Home Alone, Love Actually, Home Alone. Tip: Try doing some yoga exercises from PE with the music.	4 The Giant Doodle Have a large piece of paper rolled out across each table, where your class can gather round and do some doodling. Tip: Start the doodle with circles, swirls, triangles and repetitive patterns.	5 Have a giggle Ask each pupil to share their favourite jokes to get everyone laughing. SOLD: Pupils take it in turn to share their favourite joke. TOGETHER: Make a big list of the best jokes! Here are some of our favourites taken from YoungMinds.org.uk/learn-to-learn.	6 Three Good Things Write down three good things that have happened this week at school. For each thing, think about how it made you feel at the time and why.
9 Start with a stretch Kick off your week with some stretches. Starting from the head, go down the body stretching out each part. Roll your neck, wiggle your fingers and rotate your arms. Tip: Ask a few pupils in the class to lead the stretching exercises.	10 Saying thank you Write a list of people to say thank you to. If they are in the class, try and say thank you by the end of the day. SOLD: Pupils write down who they would say thank you to and why. TOGETHER: Pupils share thank you with the class.	11 And breathe... Have a go at focusing on your breathing. Ask your class to close their eyes and listen to their breath as they exhale for four and inhale for four. SOLD: Pupils write down and let each pupil lead their class in a dance move.	12 Get your body moving! Play a song for a few minutes to shake off the tension and have a dance. SOLD: Put music on and let the class dance as they come in from lunch or break. TOGETHER: Go round and let each pupil lead their class in a dance move.	13 Storytime Write a funny story together as a whole class. Go round the class and each person has to say one line as you make a story together.
16 Alternative Christmas messages Come up with a list of alternative messages you would say to someone who might not be feeling a happy Christmas this year. SOLD: Pupils write down their alternative Christmas messages into Christmas cards!	17 Alternative Christmas Cards Turn your alternative Christmas messages into Christmas cards! Baked beans: crumble down into a bath. Boverer: been run.	18 Jumping Beans Get the class to stand up. When you shout out one of the types of beans, the class have to do the action below. Baked beans: crumble down into a bath. Boverer: been run.	19 I am grateful! Write or draw three things you are grateful for. You could extend this by creating a gratitude tree. Draw a tree outline on a large piece of paper and	20 Christmas Karaoke Put on a Christmas song for any song and have a sing along together. Tip: you can find the lyrics to most any song on YouTube.

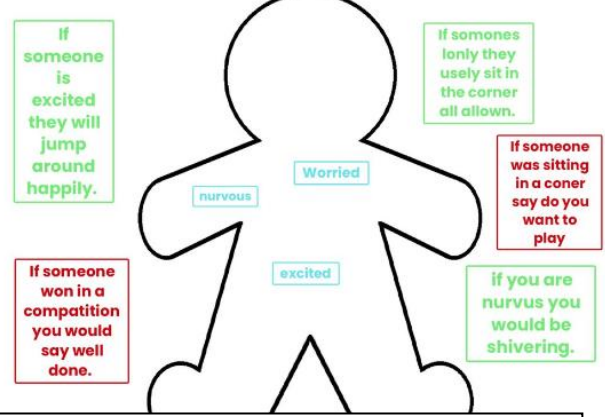


YOUTUBE.COM
 #ChangeStartsWithUs - Children In Need 2019

Our children's mental wellbeing and development is of the utmost importance to us and as such we provide them with opportunities to discuss and examine key themes across our curriculum.

Our children study a variety of different religions, key figures, world views and British Values in order to aid their personal development and prepare them for life in modern Britain.

How do we engage our children and bring PSHCE and RE into the classroom?



The use of technology is key to supporting our curriculum, as it allows our children to visualise concepts and messages in an engaging and interesting format.



Relationships should be healthy!

DIRECTED BY
 Ewan And Harry



10 WAYS TO HELP YOUR CHILD LOOK AFTER THEIR MENTAL HEALTH
 WWW.BELIEVEPERFORM.COM @BELIEVEPHQ

- ROLE MODEL** Work with your child to develop coping skills. Support your child to learn skills such as problem solving and thought challenging.
- TALKING** Support your child to talk about their problems and how they are feeling.
- WELLBEING** Promote healthy eating and physical activity. Exercise is a great tool to boost mood and reduce stress and anxiety.
- SELF CARE** Make sure your child has time and space to do their other hobbies and interests.
- AUTONOMY** Allow your child to make their own decisions. This will help build resilience.
- RELAXATION** Help your child to build positive relationships with friends and family.
- RELATIONSHIPS** Support your child to build positive relationships with friends and family.

Dear Year 6,

We are very proud of how hard you have worked in the autumn term of Year 6 and would therefore like to give you a break from academic work over Christmas. Please complete as many of the following as possible. Tick off the checklist and have a parent sign it before returning it to school in the New Year.

Most of all HAVE FUN!

- Help an elderly neighbour/relative.
- Watch a Christmas movie.
- Dance to silly Christmas music.
- Bake some festive treats.
- Brighten someone's day with compliments or the offer of help.
- Make a Christmas craft to give to someone special.
- Play a board game or do a puzzle with family/friends.
- Help set the dinner table.
- Try something new (could be sprouts or a new activity).
- Enjoy a winter walk or outdoor activity.
- Help with the Christmas washing up.

Pupil signature _____
 Parent signature _____

Merry Christmas from Mr Price and Miss Whiteley