



# "If Children are happy, they will achieve!"

## SUBJECT SNAPSHOT



Summer 1 2023

### PSHE

#### Reception

Reception celebrated Children's Mental Health Week by reading 'The Colour Monster' by Anna Lenas. They talked about the different emotions and feelings the colour monster experiences in the story and talked about the things they can do when they are feeling a certain way.



#### Year 1

Year 1 celebrated Mental Health Week's theme Let's Connect by looking at their connection as a class. They played a game where the children had to be connected and work together to move the hula hoop around the circle. They discussed how they are connected as a class and how they are a community, inside the school community, inside the wider community of Berkeley and the surrounding area.

#### Year 2

Year 2 have been learning about being healthy. They started by thinking of all the ways they know of already. This included exercise, healthy eating, drinking water, getting plenty of sleep, keeping ourselves clean and making sure they have time to rest and relax.



#### Year 3

Year 3 have been learning about various ways to keep themselves healthy and they were challenged with creating a healthy plate. They have been looking at where their food comes from in order to make a pizza as a part of their DT too!

#### Year 4

As part of mental wellbeing week, Year 4 (and the rest of the school) had the opportunity to try a new sport. This is a potential club and everyone was given a taster session. It was great to have allez!

#### Year 5

Year 5 found out about how alcohol can alter the bodies reactions and how it can affect people in different ways. They discussed their thoughts and watched a short film about the lives of three children and how their lives had been affected by the presence of alcohol.



#### Year 6

Year 6 have been learning lots in PSHE such as drugs, diet, alcohol, careers, commitment, diversity, goals and discrimination! This has also been helped through the use of their text Refugee Boy by Benjamin Zephaniah. Life is dangerous for Alem. His father is Ethiopian, his mother is Eritrean. Their countries are at war, and Alem is welcome in neither place...sounds exciting but dangerous!

