

Safeguarding and Wellbeing

FREE FREE FREE FREE FREE

Family support and courses



Hampshire County Council's have developed a new partnership with the Solihull Approach. This provides free online courses offering advice and practical tips to boost your confidence as a parent, help you navigate family life and strengthen your relationships. Whether you are a mum, dad, foster parent or grandparent, there is a course for you.

Developed by psychologists and professionals, they have been designed to help you understand your child's feelings, development and behaviour, as well as focus on your own feelings as you grow as a family.

YOU CAN REGISTER FOR FREE FOR UNLIMITED ACCESS TO THE COURSES AT

https://www.hants.gov.uk/socialcareandhealth/publichealth/solihullapproach?utm_source=facebook&utm_medium=paid&utm_campaign=solihull-approach&fbclid=IwZXh0bgNhZW0BMAABHTKogjvo-TsCwtQ3cqIE8FWZ-ysKbgWOAqDtjFt0ye_FKLXd-etnxjcPAQ_aem_hBJMRMxcVabdVM6pbjp0LA&mibextid=WC7FNe

So far this term

IN **PSHE** this half term all of the year groups will be discussing and exploring 'Me and My Relationships.'



Below are the key themes and lessons that will be covered with the children.

Year/Half-termly unit titles	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
1 Me and My Relationships	<ul style="list-style-type: none"> What makes me special People close to me Getting help 	<ul style="list-style-type: none"> Feelings Getting help Classroom rules Special people Being a good friend 	<ul style="list-style-type: none"> Feelings Getting help Classroom rules Special people Being a good friend 	<ul style="list-style-type: none"> Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss 	<ul style="list-style-type: none"> Healthy relationships Listening to feelings Bullying Assertive skills 	<ul style="list-style-type: none"> Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs 	<ul style="list-style-type: none"> Assertiveness Cooperation Safe/unsafe touches Positive relationships

Also this week

All of the classes have taken part in watching the NSPCC's Speak Out Stay Safe internet assemblies in preparation for the accompanying lessons and activities next week.

The following links provide further information on what is covered -

Ages 5-7 - <https://learning.nspcc.org.uk/services/speak-out-stay-safe>

Ages 7-11 - <https://learning.nspcc.org.uk/services/speak-out-stay-safe#skip-to-content>

