

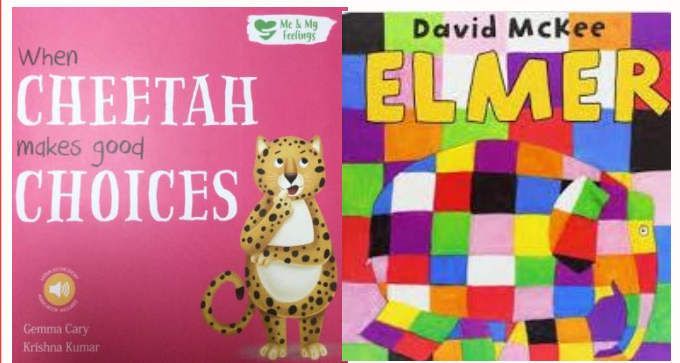
Welcome to the Autumn edition of the RSHE news. The children have been busy learning skills to help them with friendships and keeping safe. To keep them safe in the **community**, the children have learned how to keep safe on the railway, had a visit from the fire service regarding keeping safe around fireworks and how to keep safe out of school with 'Clever Never Goes.' Across the school, the children have also been using the 'Zones of Regulation' to support them with emotions and **resilience**.

Look out for upcoming 'sleep workshops' with the Emotional Resilience Team if you would like advice and support around your child's sleep. They will take place on the 5th March 2026 at 2.45pm and 4pm.

If you would like advice or support there are free courses available through Durham Family Hubs and Triple P. Parent Led CBT is available if you would like to support your child with anxiety. Get in touch with school if you would like more information.

Reception

Reception have been learning skills to help them sit and listen well as part of our school value **respect**. The children have talked about making 'good choices' and how that can make the classroom a calmer place. The children are learning to be **inclusive** by talking about difference through the book Elmer. What a great start Reception!



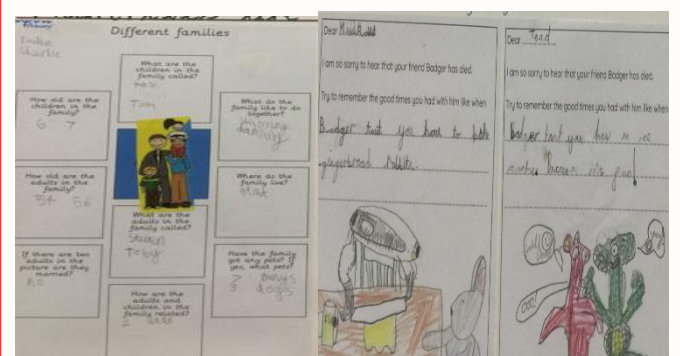
Year 1

Year 1 have been thinking about friendships. They have been learning about 'friendly and unfriendly' relationships. The children have thought about being **kind** to others and what would make a positive friend. The children know to talk to a **trusted** adult if they are worried about a friendship.



Year 2

Year 2 have been very busy this term learning new skills. They have learned different ways to show **respect** as well as learning that all families are different. They have explored manners and how these link to **kindness** and **respect**. The children also listened to a story to help them begin to understand the concept of loss and change.



RSHE NEWS



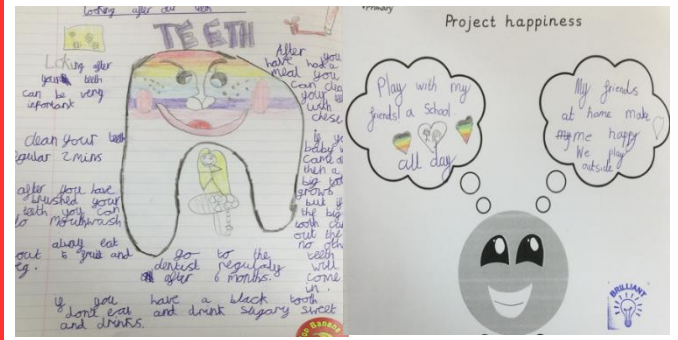
Year 3

Year 3 have been learning the six of the Decider Skills. The skills are designed to help the children be more resilient, resourceful, responsible, robust and respectful. The Decider Life Skills aim to improve mental health and develop positive habits.



Year 4

Year 4 have been learning the importance of looking after their teeth and as they grow older they are responsible for this. The children have looked at a range of emotions but also the steps that they can take to make themselves happy as part of learning **self-respect**.



Year 5

Year 5 had a visit from the NSPCC to learn skills to keep themselves safe. They have talked about **trusted** adults and know who they can talk to if they are worried. Year 5 have also learned the importance of positive self-talk and self-**respect**. This links to the Decider Skill 'Self Care'.



Year 6

Year 6 have had sessions with Maria from the Piece of Mind team. They have learned about friendships and what to do if they encounter conflict within their friendship group. Year 6 learned that sometimes they may need to compromise to solve a problem. They have also discussed **respect** and what this means. Also, they have discussed **respectful** behaviours in themselves and others.

