



A message from Miss McLauchlan (PSHE Lead)



PSHE Newsletter- Autumn

Welcome to the SJO PSHE Newsletter. We hope you will find useful information here. If you have any questions regarding any of the information below, please contact us.

KS1

PSHE Curriculum Autumn- Year 1 & 2

In the Autumn Term, Year 1 and Year 2 will be focusing on relationship units. Year 1's topics will be, 'What is the same and different about us?' and 'Who is special to us?' Year 2 will be looking at, 'What makes a good friend?' and 'What is bullying?'

What is the same and different about us?	Who is special to us?
What makes a good friend?	What is bullying?

Be a good friend

- listen
- share
- be kind
- be polite
- be honest

If you are worried, talk to your family or a teacher.



Junior Parkrun



Physical Activity is more important than ever before. Statistics show that physical activity has a direct impact on your mental health.

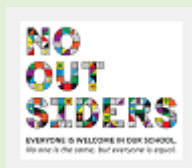
Junior parkrun is a free 2k event that you can take part in, every Sunday Morning! Look at the Parkrun website for more details.

<https://www.parkrun.org.uk/events/juniorevents/#geo=10.66/52.9935/-2.2847>

Infant CPR & Safe Sleep

Staffordshire and Stoke-on-Trent Integrated Care Board (ICB), in partnership with University Hospitals North Midlands NHS Trust (UHNM), has launched a new information guide to support parents and carers with essential guidance on infant cardiopulmonary resuscitation (CPR) and safer sleep practices. The resource aims to help families feel more confident in responding to emergencies.

<https://staffsstokeics.org.uk/~documents/route%3A/download/3135/>



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Healthy Schools
Healthy Futures





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LKS2

PSHE Curriculum Autumn- Year 3 & 4

In the Autumn Term, Year 3 will be looking at, 'How can we be a good friend?' and 'What keeps us safe?' Year 4 will be exploring, 'How do we treat each other with respect?' and 'How can we manage our feelings?'

How can we be a good friend?	What keeps us safe?
How do we treat each other with respect?	How can we manage our feelings?



Mindfulness Activities

GROUNDING WITH YOUR FIVE SENSES

What can I see?

5 THINGS YOU CAN SEE

SUN
PICTURE ON THE WALL
PEOPLE WALKING

What can I feel?

4 THINGS YOU CAN FEEL

WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

What can I hear?

3 THINGS YOU CAN HEAR

BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

What can I smell?

2 THINGS YOU CAN SMELL

FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

What can I taste?

1 THING YOU CAN TASTE

MINT
Breakfast
TOOTHPASTE

BONFIRE NIGHT - 5 NOV

Bonfire Night is traditionally an extremely busy time for the emergency services as the demand for services rises significantly.

Staffordshire Fire and Rescue Service have a video on their YouTube Channel showing Stop, Drop and Roll - a useful technique in case someone's clothes catch fire.

ONLINE SAFETY

OFCOM's Children & Parents: Media Use and Attitudes 2025 report reveals key digital trends among UK children (ages 3-17):

- 37% of 3-5 years old use social media; 1 in 5 do so independently
- Children and young people aged 4-15 years now watch just 3 hours 20 minutes of broadcast TV weekly
- Livestreaming is growing with 66% of 3-17 years watching livestreams; 21% of teenagers stream themselves

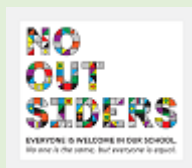
S
Speak to somebody if you need help

A
Ask an adult before going online

F
Friends are real people we know

E
Enjoy play, have fun and stay safe

e-safety adviser



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UKS2

PSHE Curriculum Autumn- Year 5 & 6

In the Autumn Term, Year 5 will be looking at, 'What makes up a person's identity?' and 'What decisions can people make with money?' Year 6 will be exploring, 'How can we keep healthy as we grow?'

What makes up a person's identity?

What decisions can people make with money?

How can we keep healthy as we grow?



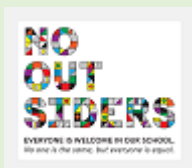
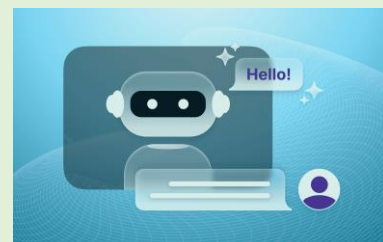
AI CHATBOTS

AI chatbots like ChatGPT and Snapchat's My AI are now part of everyday life for many children, and they're even included in the updated secondary curriculum. But it's just as important to support primary-aged children and their families in understanding these tools.

Please share the information below in your own newsletters, on your school website, or pass it on to your pupil's parents and carers.

Internet Matters has launched an AI Chatbot Advice Hub to help parents and carers learn what chatbots are, the risks they pose, and how to guide children in using them safely. It also explains new age checks now required on platforms like Roblox, Discord, Fortnite, and YouTube.

Research shows two-thirds of children use AI chatbots for schoolwork, advice, and even companionship. These bots can feel like real friends—but they're not. They may give inappropriate or unreliable responses, and most lack safety settings or parental controls.



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YOUNG MINDS PARENT HELPLINE



Young Minds has extended the opening hours of their Parents Helpline. Their opening hours are:
Monday, Thursday, Friday - 9:30am - 4pm, Mon-Fri.
Tuesday, Wednesday - 9.30am-6pm

The helpline is available for free by calling 0808 802 5544.

Young Minds also runs an online chat option that is open Monday-Friday 9.30am-4pm.

The helpline and online chat support parents and carers who are concerned about their child or young person's mental health.

Someone might contact them because they're worried about how their child or young person is feeling or behaving. Or they might need advice about finding mental health support for their child or young person. Whatever the concern is, Young Mind's advisers want to understand what's happening and support parents and carers to take the next step.

Please be aware that this is not a crisis service.

ONLINE SAFETY

CEOP Education and partner organisations have created a number of posters that signposts parents and carers to advice, information and tools to support them with what to do when their child is asking for their first phone, wants to join social media, they are worried about who their child is talking to whilst gaming, that their child might see something inappropriate online,



<https://www.ceopeducation.co.uk/globalassets/professional/resources/wtdw-round-up.pdf>



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