



A message from Miss McLaughlan (PSHE Lead)



PSHE Newsletter- Spring

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 Spring- Year 1 & 2

This term, Year 1 will be exploring, 'What helps us to stay healthy?' and 'What can we do with money?' Year 2's topics will be, 'What jobs do people do?' and 'What helps us to stay safe?'

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|-----------------------------|-----------------------------|
| What helps us stay healthy? | What can we do with money? |
| What jobs do people do? | What helps us to stay safe? |



ROAD SAFETY CAMPAIGN

Staffordshire Safer Roads Partnership has relaunched its Be Safe, Be Seen campaign, encouraging simple steps to stay safe on the roads:

- Wear bright or reflective clothing when walking or cycling
- Check your eyesight—drivers should read a number plate from 20m away
- Always switch on headlights before driving
- Avoid driving when tired—take regular breaks on long journeys



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Healthy Schools
Healthy Futures



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PSHE Newsletter- Spring

LKS2

PSHE Curriculum Spring- Year 3 & 4

This term, Year 3's topics will be, 'What makes a community?' and 'Why should we keep active and sleep well?' Year 4 will be exploring, 'How can our choices make a difference to others and the environment?' and 'How can we manage risk in different places?'

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| What makes a community? | Why should we keep active and sleep well? |
| How can our choices make a difference to others and the environment? | How can we manage risk in different places? |



HELP SHAPE THE FUTURE OF YOUR LOCAL LIBRARY!

Libraries across Staffordshire already offer far more than books. From creative workshops and youth programmes to arts events, digital support, in-house cafés, and community groups, they are evolving into welcoming spaces for learning, wellbeing, connections, and enterprise. Some even provide help with everyday tasks like paying bills, accessing public services, and developing digital skills.

Now, Staffordshire County Council want to hear from young people aged 8-18 (up to 25 with additional needs) of Staffordshire. What services or activities would they like to see more of? What's missing that could make local library even more useful? What existing services work well and could be built upon? Whether they're a regular visitor or haven't been in a while, any thoughts can help Staffordshire County Council make libraries in Staffordshire even better for people of all ages.

Please see [link here](#) to the online survey for young people aged 8-18 years (up to 25 years with additional needs to complete. Please share the above information, the [attached flyer](#) and link with young people and families to support young people have their say on the future of Staffordshire's libraries. Online survey closes on 7th January.

YOUR LIBRARY YOUR VOICE

Staffordshire Libraries are changing – and Staffordshire County Council want to hear from young people!

✓ Complete the survey
📅 Closes 7th January
📢 Make your voice count
🔗 Link in text above

[Link to survey:](#)

<https://forms.office.com/Pages/ResponsePage.aspx?id=Mu5PsnAaMUi0kfWkxAIgGzQOOaYsG5In-GLQ-A0hoVUOFhSVEoyVOIwRjE3REJMVE9GNzVKUUo1Ry4u>



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UKS2

PSHE Curriculum Spring- Year 5 & 6

In the Spring Term, Year 5 will be looking at, 'How can we help in a accident or an emergency?' and 'How can friends communicate safely?' and Year 6 will be exploring, 'How can the media influence people?'

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|--|-------------------------------------|
| How can we help in an accident or emergency? | How can friends communicate safely? |
| How can the media influence people? | |

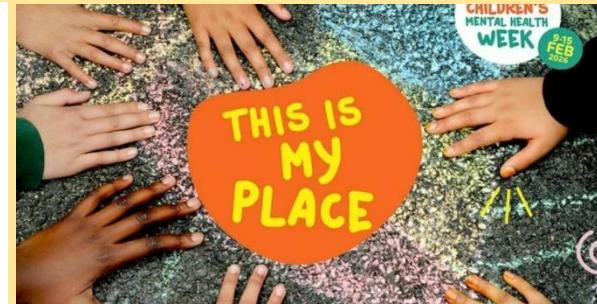


What is Children's Mental Health Week?

Children's Mental Health Week is an annual mental health awareness week launched by children's mental health charity, **Place2Be**. The week exists to empower, equip and give a voice to all children and young people in the UK.

When is Children's Mental Health Week 2026?

Children's Mental Health Week 2026 will take place from 9-15 February 2026. The week launched back in 2015 and we celebrate it every February. Mark your calendars and join us in marking the 12th Children's Mental Health Week.



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 **Did You Know?**

Kindness causes elevated levels of dopamine in the brain, helping us feel happier.

#MentalHealthAwarenessWeek



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ONLINE SAFETY



Kids World Online has published several safeguarding fact sheets to give parents, carers and professionals the information they need to help children and young people stay safe online. The fact sheets cover a range of popular platforms and games such as Roblox, Snapchat and PEGI ratings. Each fact sheet provides clear, practical guidance.

To support this, please find below some useful websites that contain information specifically for parents/carers to talk to their child about online safety:

- [Barnados](#)
- [British Board of Film Classification - guide to age ratings](#)
- [Childnet](#)
- [Internet Matters](#)
- [NSPCC](#)
- [Parentkind](#)
- [South West Grid for Learning](#)
- [UK Safer Internet Centre](#)

PARENTAL CONFLICT

Arguments can happen in any relationship, and not all of them are bad, but when parents fight in ways that hurt each other or the family, it can cause real problems. This kind of harmful conflict might look like:

- Yelling or getting into angry fights
- Giving each other the silent treatment for days or weeks
- Talking to each other in a rude or disrespectful way
- Ignoring problems instead of trying to fix them

What really matters is how we deal with these disagreements. As grown-ups, we show our kids how to handle tough situations. If we can stay calm and speak kindly—even when we don't agree—we're teaching them how to handle their own problems in a healthy way when they grow up.

Help is available if you need it, and seeking help early is better than waiting until things get worse. This [short video from Barnardo's](#) may help you to think about any parental conflict you are experiencing and how to better deal with it.

If you are experiencing parental conflict and want some support, then help is available in your local area. You can find links here through the Staffordshire Family Hubs network:

[Staffordshire Connects | Reducing Parental Conflict - Healthy Relationships](#)



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