



A message from Miss McLauchlan (PSHE Lead)

PSHE Newsletter- Summer

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 Summer- Year 1 & 2

This term, Year 1 will be exploring, 'What helps us to keep us safe?' and 'How can we look after each other and the World?'

Year 2's topics will be, 'What helps us grow and stay healthy?' and 'How do we recognise our feelings?'

Who helps to keep us safe?	How can we look after each other and the world?
What helps us grow and stay healthy?	How do we recognise our feelings?



In School we have been working with the Living Streets Campaign, encouraging Children to walk wherever possible. This term, the Living Streets Campaign are promoting 'Park and Stride,' an alternative if you cannot walk to School. Park and Stride encourages families who cannot walk to School to park 15 minutes away from school and walk the rest of the journey, promoting a healthier environment and also increasing physical and mental health. 😊



NATIONAL SMILE MONTH (13 MAY-13 JUNE)



National Smile Month, is a UK-wide campaign promoting good oral health and the importance of caring for our teeth and gums. Led by the Oral Health Foundation, it encourages simple daily habits that support a healthy smile. The campaign focuses on three messages: brush twice a day with fluoride toothpaste, cut down on sugary food and drinks, and visit the dentist regularly. It also highlights how oral health links to overall wellbeing, confidence and long-term health.

Healthy Schools
Healthy Futures



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LKS2

PSHE Curriculum Summer- Year 3 & 4

This term, Year 3's topics will be, 'Why should we eat well and look after our teeth?' and 'What are families like?' Year 4 will be exploring, 'How will we change and grow?' and 'What strengths and skills do we have?'

Why should we eat well and look after our teeth?	What are families like?
How will we grow and change?	What strengths and skills do we have?



STAFFORDSHIRE DAY (1)

Tied in with Local and Community History Month, Staffordshire Day on 1st May celebrates the county's heritage, creativity and community spirit.

For the 10th anniversary, Staffordshire County Council is inviting children turning 10 in 2026 to enter a special prize draw by sharing their dream day out in Staffordshire



Staffy is Staffordshire's new mascot, adventure hero and storyteller. Over the next few years, he'll champion the county as the nation's playground, highlighting great places to visit, local businesses and attractions, inspiring both visitors and residents.

World Hand Hygiene Day

World Hand Hygiene Day highlights the vital role clean hands play in keeping ourselves and others healthy. Good handwashing habits help prevent the spread of illness, protect vulnerable people and support a safer school environment. Throughout the month, we can reinforce these simple routines with pupils as part of our PSHE focus on personal hygiene, responsibility and making choices that support everyone's wellbeing.



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UKS2

PSHE Curriculum Summer- Year 5 & 6

In the Summer Term, Year 5 will be looking at, 'How can drugs common to everyday life affect health?' and 'What jobs would we like?' and Year 6 will be exploring, 'What will change as we become more independent? How do friendships change as we grow?'

How can drugs common to everyday life affect health?	What jobs would we like?
What will change as we become more independent? How do friendships change as we grow?	



Transition from Primary to Secondary

Transitioning to secondary school

Moving from primary school to secondary school is an exciting time of life, but for many children it can also be a daunting prospect.

A new, much bigger school can offer greater independence, such as the first smart phone, and a world of opportunity.

However it also means new teachers, new subjects and potentially a whole new set of friends.

Starting Secondary School, a campaign from BBC Bitesize aimed at 10-12 year olds, their teachers and parents, shines a light on the great potential of starting afresh in secondary school and also offers practical advice and emotional support to help take the stress out of taking the next big step.



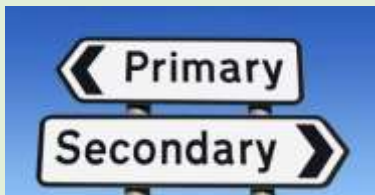
BBC Bitesize - Starting Secondary School

BBC Bitesize has a website full of peer-to-peer advice for students and parents who are transitioning to secondary school.

DID YOU KNOW?

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

www.bbc.com/news/health-1-45000000



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Additional information for Parents and Carers...

CHILD POVERTY

The Department of Education and the Department of Work and Pensions have published a Child Friendly version of the Government's Child Poverty Strategy.

This new tool has been designed to give children a clear, reassuring and age-appropriate explanation of what poverty means, why some families struggle, and the concrete steps the government is taking to help.

MENINGITIS OUTBREAK

We appreciate that it can be worrying to hear of the consequences of the recent Meningitis outbreak in Kent. The most important thing that parents and carers can do is be aware of the signs and symptoms of Meningococcal disease and ensure they check their child's vaccinations and contact their GP if they need to catch up on their routine vaccination schedule.

This information sheet provides information to support you to look after your children.

Please remember if you are concerned about your child's health to speak to your GP or The Families Health and Wellbeing 0-19 Service by calling 0808 178 0611 (option 1) Monday - Friday 9am-5pm Monday to Friday.

NEW ERA

New Era offers free, confidential support for adults, children and young people who are affected by domestic abuse.

Alongside their services for adults, New Era provides dedicated support for children and young people. A short video is available that explains more about the support on offer and how families can access help.



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