



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.

ALLERGY SAFETY IN SCHOOLS

In July 2026, the DfE published a new statutory guidance on Allergy Safety in Schools, setting out what schools must do to protect children and young people with allergies. This includes requirements around allergy safety policies, staff training, Individual Healthcare Plans (IHPs) and learning from serious incidents and near misses.



In PSHE/ RSE, we want our children to recognise the importance of knowing and learning about different Allergies.

EYFS: How can we keep everyone safe?

Some foods and things can make some people poorly. Everyone has different needs. Adults help to keep us safe.

Year 1: What is an allergy?

An allergy is when someone's body reacts to something that is usually harmless. Children will be able to identify trusted adults. Children will recognise simple signs that somebody may need help and know to tell an adult immediately. They will understand why we should avoid touching and tasting someone else's food.

Year 2: Staying safe

Some allergic reactions happen quickly. Some people carry medicine on them. Understand that medicines belong to the named person. Know that adults are trained to help.

Year 3: Being allergy aware

Allergies are common. Different people have different allergy plans. Show empathy and inclusion. Recognise that preventing exposure helps to keep everyone safe. Know when to seek adult help.

Year 4: Recognising emergencies

A severe allergic reaction (anaphylaxis) is a medical emergency. Symptoms can include difficulty breathing, swelling and collapsing. Identify emergency signs. Know to get an adult and call 999. Understand the importance of acting quickly.

Year 5: Responsibility and risk

Allergies can happen anywhere. Reading labels and checking ingredients helps to reduce risk. Discuss ways to reduce risk on trips/ visits. Understand why schools have allergy procedures.

Year 6: Independence and advocacy *Young people take increasing responsibility for managing health needs. Everyone can help to create an inclusive environment. Know how to respond calmly in an emergency, including getting help quickly and supporting.*



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Healthy Schools
Healthy Futures



EYFS & KS1

PSHE Curriculum Autumn- EYFS & Year 1 & 2

In the Autumn Term, EYFS and KS1 will be learning about 'Making Friends: Playing & Learning Together,' and 'Our Mental Health & Wellbeing.'

Children will explore how to listen, share, work cooperatively, and when and how to ask for permission. Children will learn about friendships, including falling out and how to recognise bullying. Children will be learning about how to recognise feelings and strategies for dealing with difficult emotions.

EYFS	Making friends: playing and learning together	Making friends: playing and learning together
Year 1	Making friends: playing and learning together	Mental health and wellbeing
Year 2	Mental health and wellbeing	Keeping safe online



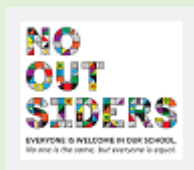
Junior Parkrun



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>



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LKS2

PSHE Curriculum Autumn- Year 3 & 4

In the Autumn Term, Year 3 will be learning about 'Me, my friends and belonging,' and 'Mental Health and Wellbeing,' Year 4 will be exploring ways to manage risk, alongside mental health and wellbeing.

Year 3	Me, my friends and belonging	Mental health and wellbeing
Year 4	Mental health and wellbeing	Exploring ways to manage risk



Mindfulness Activities

GROUNDING WITH YOUR FIVE SENSES

What are 5 THINGS YOU CAN SEE

SUN
PICTURE ON THE WALL
PEOPLE WALKING

4 THINGS YOU CAN FEEL

WIND BLOWING
FEET ON THE FLOOR
PENCIL IN HAND

3 THINGS YOU CAN HEAR

BIRDS CHIRPING
CLOCK TICKING
CAR HORNS

2 THINGS YOU CAN SMELL

FOOD FROM THE CAFETERIA
LAUNDRY DETERGENT ON CLOTHES
FRESH CUT GRASS

1 THING YOU CAN TASTE

MINT
Breakfast
TOOTHPASTE

ONLINE SAFETY

The Internet Watch Foundation (IWF) has launched new guidance to help parents and carers understand how artificial intelligence (AI) can be misused to create harmful or manipulated images, including so-called "deepfake" nude images. The guidance explains how children's photos shared online can be altered using AI technology and provides practical advice on protecting images, discussing consent and encouraging safe online behaviours. It also includes tips for talking to children and young people about AI, image sharing and what to do if they are concerned about content they see online. As AI technology continues to develop, these resources can help families have informed conversations about online safety and digital wellbeing.

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, 'Friendships, stereotypes and bullying,' and Year 6 will be focusing on 'Managing money and online spending.' Both year groups will be exploring mental health and wellbeing, looking at self regulation strategies and support that they can access.

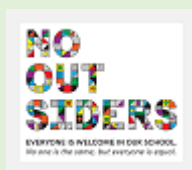
Year 5	Friendships, stereotypes and bullying	Mental health and wellbeing
Year 6	Mental health and wellbeing	Managing money and online spending



BODY IMAGE

As children and young people return to school, some may be feeling increased pressure about their appearance, friendships and fitting in. The NSPCC reports that concerns about body image and eating disorders often increase during the summer months, with social media, influencers and online content continuing to shape how many young people feel about themselves.

Parents and carers can support positive body image by encouraging open conversations, helping young people think critically about online content, and focusing on health and wellbeing rather than appearance. The NSPCC has produced practical guidance and advice for families.



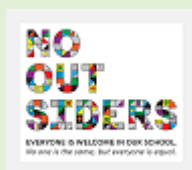
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