Falcons Primary School Wellbeing Newsletter

Autumn Term, Issue 3

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At Falcons Primary school we teach PSHE through the Jigsaw scheme of learning. This half term we are covering the **'Being me in my world' unit**.



PSHE (Personal Social Health Education) is taught all the way though the school starting in Reception class and continuing through until the pupils leave us in Year 6.

Our PSHE curriculum allows children to build **resilience,** know how to care for their **mental and physical health** as well as helping them to acquire the knowledge, understanding and skills they need to successfully **manage their lives** – now and in the future.

As a school, our values of the month and British values are further reinforced within our PSHE lessons.

Our Jigsaw learning this half term:

Being me in my World

In this Jigsaw unit, children learn about belonging, responsibility and how to be positive members of their class and school community. They explore **rights and responsibilities, build positive relationships, and learn how their choices and actions affect others.**



Jigsaw question to discuss with your child: How can you help make your class and school a happy place for everyone?

Wellbeing at Falcons



At **Falcons Primary School**, we believe that children learn best when they feel **happy, safe and supported**. Our commitment to wellbeing is at the heart of everything we do, helping our pupils to grow into **confident, resilient and successful learners**.



Every Child's Voice Matters

At Falcons Primary School, children are encouraged to talk about their **thoughts, feelings and concerns.**

We take **children's views seriously** and provide opportunities for them to be listened to and **supported** in a caring environment. Each classroom has an Emotions board' which children use daily to express how they are feeling discreetly.

Class teachers then check in with children and help them to work through their feeling or help them with their concern.

How else do we support Wellbeing at Falcons?

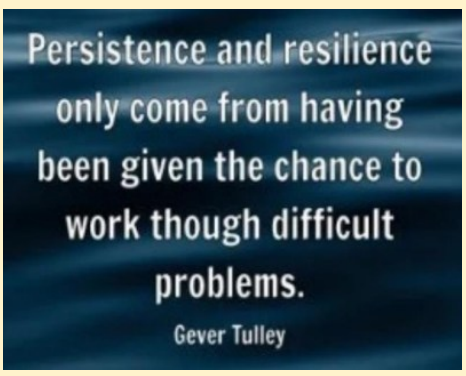
50 Things to Do Before you Leave Falcons Primary School

Our enrichment programme helps children to learn new skills, explore the wider world, challenge themselves and create unforgettable experiences.



Living and celebrating our School values

Children learn about **values** through regular assemblies and are recognised and rewarded when they demonstrate them in school.



Making a difference

Our pupils learn that **helping others supports wellbeing for everyone**. Recently children raised money to support communities affected by the Nepal floods. We have raised an incredible £1568.00 for School in a Bag. Helping others creates a culture of **kindness, empathy and global awareness.**



Celebrating PE at Falcons!

PE Star of the Week!

PE Recognition Award

Each week, a child from a year group is recognised for their **outstanding effort and positive attitude in PE.** Their achievement is celebrated with the whole school during our Falcons Award Assembly, helping to promote **confidence, self-belief and wellbeing** while recognising the positive values shown in in PE lessons.



Wellbeing Through Sport

We've had a fantastic start to PE this year with a focus on wellbeing! Through fun games, teamwork challenges and active learning, children have been exploring their emotions and discovering how sport can help them feel **happy, confident and resilient**.



There has been lots of energy and excitement in PE lessons as children have been developing their ball control skills through a range of engaging activities and games.

As they practise throwing, catching, dribbling and aiming, children are also building, **confidence, perseverance and self-belief,** helping to support their overall well-being.

In gymnastics, children have been exploring a variety of balances and moments of stillness, developing their strength, coordination and control. They have embraced new challenges with enthusiasm, growing in **confidence and experiencing a real sense of achievement.**





