



St Joseph's - PSHE Themed Days/Weeks 2023-2024

<u>World Smile Day – 6th October</u>	<ul style="list-style-type: none">• To encourage kindness• To make people smile• To explore the positive impact that smiling has on emotional and mental wellbeing
<u>World Mental Health Day – 10th October</u>	<ul style="list-style-type: none">• To promote the understanding of mental health
<u>Remembrance Day – Saturday 11th November</u>	<ul style="list-style-type: none">• To know what Remembrance day represents.
<u>Anti-Bullying Week Mon 13th-Friday 17th November</u> <u>World Kindness Day – 13th November</u>	<ul style="list-style-type: none">• Making friends and understanding what makes them a great friend.• Recognise the positives in our peers.• Managing feelings and behaviour• Knowing where to go for help.• Resolving conflict/listening to other points of views.• Recognise the difference between bullying and discrimination.• Recognise ways and suggest strategies in dealing with bullying.
<u>Road Safety Week 19th-25 November</u>	<ul style="list-style-type: none">• Rules for keeping safe (including road safety and safety in the environment.)• To know how to make informed choices (including recognising that choices can have positive, neutral and negative consequences)• To differentiate between the terms, 'risk', 'danger' and 'hazard' Y3
<u>Time to Talk Day – 1st February</u>	<ul style="list-style-type: none">• To raise awareness of mental health• To encourage children and adults to talk about how they are feeling

<p><u>Children's Mental Health Week</u> <u>5-11th February</u></p>	<ul style="list-style-type: none"> • To recognise how we are feeling. • To build resilience. • To recognise making meaningful conversations • To know how to support our mental health • To recognise the importance of a healthy diet. • To recognise ways to be mindful, to help us meditate. • The importance of personal hygiene.
<p><u>Safer Internet Day</u> <u>Tuesday 6th February</u></p>	<ul style="list-style-type: none"> • Ways of keeping physically and emotionally safe (including online safety, the responsible use of ICT. • The importance of protecting personal information, including passwords, addresses and images.
<p><u>World Autism Awareness Day –</u> <u>2nd April</u></p>	<ul style="list-style-type: none"> • To increase awareness and acceptance of Autism
<p><u>World Environment Day.</u> <u>5th June</u></p>	<ul style="list-style-type: none"> • To look at what improves and harms their local, natural and built environments and about some of the ways people look after them.
<p><u>Healthy Eating Week</u> <u>10th-14th June</u></p>	<ul style="list-style-type: none"> • To recognise that exercise and sleep are important parts of a healthy lifestyle, recognising the importance of sleep in maintaining a healthy, balanced lifestyle; • Select foods to make a healthy lunch and know what a balanced diet is.
<p><u>Other school events</u></p>	<ul style="list-style-type: none"> • Puberty talk for Year 6 from the school nurse. • Fire safety talks • School choir singing for the local community • Educational visits linked to topics. • Raising money to support charities through themed days and events in school. • World Book Day

