

The Devonshire Hill Nursery and Primary School

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The Devonshire Hill Nursery and Primary School
★★★★★
Successful Learners
Visit us at www.devonshirehill.com

Tuesday 2nd June 2020

PHSE Programme

Dear Parents/Carers

We are making some changes to how we teach PHSE. Typically our PHSE programme is delivered in a classroom environment, facilitated by a teacher, with lots of opportunities for discussions and questioning to clarify children's understanding and avoid misconceptions. As this is impossible during this time, we have made some changes to the content which are more relevant to these challenging times.

In order to support our children and parents to remain happy and healthy, we will be focussing on:

- Strategies for preventing infection
- Ways of promoting positive mental health and emotional well-being
- Sleep and good sleep habits
- Balancing time online with other activities
- Managing online friendships and social media
- Maintaining healthy eating habits and physical activity
- Study and revision skills
- Shared responsibilities in caring for others

Activities and assignments relating to these topics will be uploaded to Google Classroom as part of your child's learning.

Please use the below links and websites for advice regarding wellbeing during the Coronavirus pandemic.

<https://www.haringey.gov.uk/children-and-families/local-offer/covid-19-guidance>

<https://www.gov.uk/coronavirus-taxon/education-and-childcare>

[nspcc.org.uk](https://www.nspcc.org.uk)

Best wishes and stay safe,

Rachel Bates
Assistant Head Teacher

