Valley Primary School
A Member School of Connect Schools Academy Trust
Beckenham Lane, Bromley, BR2 0DA email: admin@valley.bromley.sch.uk website: www.valley.bromley.sch.uk telephone: 020 8460 1121 fax: 020 8466 8124

PHSCE ENRICHMENT SESSIONS

Dear Year 6 parents,

I am pleased to inform you that each Year 6 class will have an additional six sessions of PHSCE this year, with 6AG starting this half term. We are aware Year 6 presents many challenges for children, both with the high academic expectations of the Year 6 curriculum and tests; and the emotional changes many children start to experience as they mature. The aim of the sessions is to develop the pupils' awareness of the importance of emotional well-being as part of a healthy life-style, and to help equip them with coping strategies to deal with any stress or emotional changes they may experience or see others experience. The sessions will also encourage the class to work together as a group, further develop respectful relationships between pupils; and develop their trust and understanding of each other.

We are fortunate to have Mrs McGowen on the staff team, who is a highly experienced Play Therapist and Mindfulness coach. Mrs McGowen will lead the weekly sessions alongside Miss Garrod.

The sessions will cover the following themes:

Understanding Mindfulness and the Brain
- The brain and my emotions: how does it work?
- What can mindfulness help with?

Mindfulness: Basic Skills for being calm, having a relaxed state of mind and for increasing concentration
- Mindfulness of the breath
- Body Scan
- Visualization
- Grounding

Feelings and Emotions
- Understanding my feelings and emotions
- Understanding others, developing empathy
- Managing my feelings and emotions

Stressful Situations
- Tests, Exams, Competitions
- Worrying

If you have any queries about the sessions please contact myself or Miss Garrod. We look forward to Year 6 further developing their emotional literacy and resilience as they complete Year 6 and prepare for the move to secondary school.

Yours sincerely,

Rcoulson

Mrs Rachel Coulson
Assistant Headteacher Personal Development, Behaviour and Welfare