**REPORT FOR GOVERNOR VISIT FOR CLASS 6 – SUMMER TERM 2018**

**FOCUS ON PSHE**

I joined class 6 for a PSHE session, the focus seemed to be surrounding mental health.

During the first topic, Mrs Tunna asked the children communicate in pairs with the focus on the children telling each other about something they felt that they’re good at. Mrs Tunna instilled upon the children the importance of good communication skills – eye contact, asking questions of each other, effective listening/talking etc. The discussion surrounded respect for others and confidentiality and the children responded well to this. During this class discussion, Mrs Tunna used a word association exercise with the word ‘happiness’ – the positivity of the subject engaged the children very well indeed. The session then progressed to talking about what the children feel they have achieved, if a child was unable to think of anything appertaining to them, the other children were asked if they could think of anything – this led to very positive and compassionate answers that – without doubt, meant a lot to the children that maybe struggled with this (who may suffer with low self-esteem and hearing their peers offer suggestions can help enormously).

The children responded very well to these activities and seemed uplifted by being given the opportunity to say kind words to each other.

To conclude, Mrs Tunna gave the children some inspirational quotes from famous people and asked them to give their opinion on each one, each person person was relatable – David Williams, Bear Grylls and the quotes in relation to each of these people were discussed amongst the class. The children became excited about talking about everything that these two people have achieved.

It is so important that the children understand the importance of good mental health and seeing them discuss all these positive topics associated with PSHE was a delight to see. Thank you Mrs Tunna and Mrs Wynne for allowing me to come and observe the wonderful children in this class.

Sue