

SMSC Newsletter



I think this is the first month I haven't had to wear a jumper - so nice to see the sun again.

This month, as well as health and financial wellbeing, we are looking at some of the harder issues of PSHE such as Drug and Alcohol abuse.

We have PSHE Grids for all Key Stages as standard on GridMaker as well as SMSC, British Values, Mental Health and Physical Wellbeing, age appropriate Relationship Education and Gatsby Careers.

Using GridMaker means that you will never lose track of SMSC provision no matter what happens.

[Gridmaker](#)

Our Newsletter [Grid](#) has activities added in Newsletters but you may want to add something in that you've taught this month - have a go.



Why Sugar is Bad



This video is perfect for primary schools - and acted as a reminder for me to stop eating so many sweets! <https://www.youtube.com/watch?v=NkY3KuahkqY>

PSHE: Mental Health, Emotional Wellbeing, Respecting self and others. SMSC: Recognising the things people and communities share in common, Understanding the consequences of their behaviour and actions,

Building Resilience

There are so many reasons for being resilient and it's not always easy to draw upon it when needed. I used a video from this series a couple of months ago and this one is just as

good. <https://www.youtube.com/watch?v=zeu9X88g8DE>



PSHE: Managing hurtful behavior and bullying, Respecting self and others. SMSC: Reflecting about their own beliefs and perspective on life, Reflecting on experiences.

Explore Outdoors



This page links to some outdoor activities from Natural Resources Wales. There are some great

ideas for exploring the outside world and exercising mentally and physically. [Outdoor health and wellbeing activities & games](#)

PSHE: Mental Health and Emotional Wellbeing, Making Health related decisions. SMSC: Recognising the things people and communities share in common, Reflecting about their own beliefs and perspective on life

Tell it like it is!

This might be animated but the message is hard hitting and explains what alcohol does to the body and mind in detail. [What happens if You are An Alcohol and Tobacco Addict? - Effects on Brain and Body](#)



PSHE: Drugs, Alcohol and tobacco, Managing risk and personal safety. SMSC: Recognising right and wrong, and understanding legal boundaries, Understanding the consequences of their behaviour and actions, Reflecting about their own beliefs and perspective on life.

Self-Evaluation Innovation



Take iAbacus on a 30 day free [trial](#).

iAbacus

iAbacus is proving its worth yet again! Schools and Multi Academy Trusts are discovering the power and simplicity of the iAbacus process.

Just visit www.iabacus.me/create and use the license code ABACUS123 You can also request a [Zoom session](#) with Dan O'Brien who will walk you through iAbacus to get you started providing the same service we give to all our customers.

Simple but still Scary

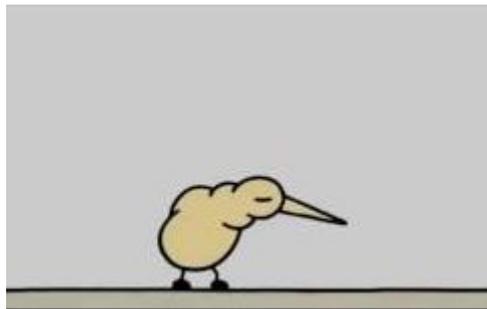
This is a simple explanation of what drugs and alcohol do to our bodies for younger children - it isn't very long and there are a couple of questions which can be used.

<https://www.bbc.co.uk/bitesize/topics/zrffr82/articles/zg982nb>



PSHE: Drugs alcohol and tobacco, Managing risk and personal safety. SMSC: Investigating moral and ethical issues and appreciating others' viewpoints, Understanding the consequences of their behaviour and actions, Reflecting about their own beliefs and perspective on life, Reflecting on experiences.

Addiction



I found this video within the link below - it stayed with me for a while after I watched it. A very simple but powerful visual of what addiction can do. <https://www.detoxplusuk.com/teenage-drug-addiction>

PSHE: Drugs alcohol and tobacco, Managing risk and personal safety. SMSC: Investigating moral and

ethical issues and appreciating others' viewpoints, Understanding the consequences of their behaviour and actions, Reflecting about their own beliefs and perspective on life, Reflecting on experiences.

Play it Safe

Learning about money means a lot more than learning how to spend it. Take a look at this informative page from the money advice service. [How to teach kids about money.](#)



PSHE: Economic Wellbeing, Work and Career, Financial Choices. SMSC: Recognising the things people and communities share in common, Understanding the consequences of their behaviour and actions.

and finally..

Keeping fit and healthy should be fun and of course everyone has their own style of running ...
<https://www.youtube.com/watch?v=V1k658QIFBE>



Bye for now

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