

SMSC Newsletter



PSHE is such an important way to learn life skills and so for the next couple of months, I'll be focusing on aspects of PSHE found in all Key Stages.

Let's kick off with a look at the social aspects of PSHE.

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.



Don't get caught in the Web



Over the past year, the internet has been more useful than ever allowing us to keep in touch with loved ones, ordering food and other goods for delivery and keeping us entertained.

With good advice for everyone, internet matters is a must for e-safety. <https://www.internetmatters.org>

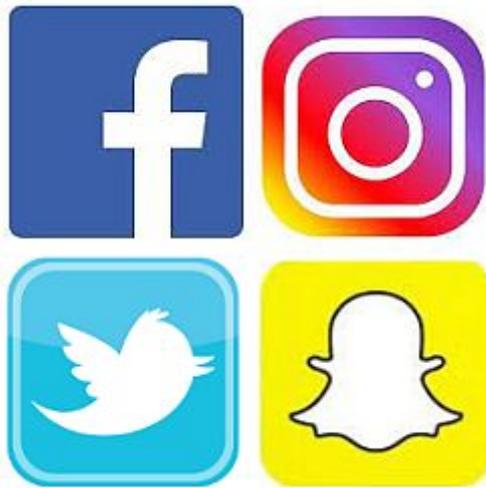
PSHE: Media and Digital Resilience, Risk - Personal Safety. SMSC: Recognising the things people and communities share in common, Understanding the wide range of cultural influences that shape

heritage, Experiencing enjoyment and fascination in learning.

Social Safety

This is a really good article about the importance of teaching social media safety in schools and it comes with a free poster.

<https://www.highspeedtraining.co.uk/hub/social-media-in-schools/>



PSHE: Keeping Safe, Safe Relationships, Risk - Personal Safety. SMSC: Understanding different cultures essential for life in modern Britain, Recognising right and wrong, and understanding legal boundaries, Understanding the consequences of their behaviour and actions,

Words Do Hurt!



We all know that bullies don't just use a spoken word nowadays - words can hurt just as much when they are typed. This website explores all types of bullying and has examples of how young people dealt with the problem. <https://youngminds.org.uk/find-help/feelings-and-symptoms/bullying>

PSHE: Mental Health, Bullying, Self-Concept, Media and Digital Resilience. SMSC: Understanding the wide range of cultural influences that shape heritage, Recognising right and wrong, and understanding legal boundaries, Understanding the consequences of their behaviour and actions, Using a range of social skills in different contexts.

A long time ago in a world before social media, I went to an all girls school. The school was run by a very strict headmistress who had an eye on everything. It didn't stop the bullying!

I was bullied by a girl who was smaller in stature than me. She never hit me but her words and the humiliation of being bullied haunt me to this day.

I still got up and went to school, not knowing what would happen, hoping that the presence of others would stop her.

We were waiting for the English teacher to come to class and the bully started provoking me, taunting me, her words were vicious and although it was horrifying for me, one other girl in the class had obviously had enough and she leapt out of her seat and knocked the bully off her chair.

Not appropriate behaviour I know but it saved me from being bullied again.

I am 50 plus vat now and I haven't seen her since the day I left school, however, I know that if I did, it would terrify me.

I was lucky! In today's world bullying can be silent, just words on a text message or a comment on a social media post that takes away self confidence replacing it with feelings of self doubt and worthlessness.

What makes it worse is the fact that it's not just happening to children - a percentage of the adult population seem to think that it is their right to say whatever they like to whoever they like.

Social media can be used for good - over the last year, it's helped people stay in touch and there are moments when reaching out on Facebook has saved my sanity.

Let's hope this generation of children can see how harmful bullying on social media can be and use it for good not evil.

Who'd want to be Famous

You might think this is a bit of a weird article to put in but there is a lot here that can be used for us ordinary folk.

<https://www.psychologytoday.com/us/blog/positively-media/202002/why-are-celebrities-targets-haters>



*PSHE: Mental Health, Social Influences. SMSC:
Recognising the things people and communities share
in common,*

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Social Influence

Jonah Berger, Professor of Marketing at Wharton School PA is the drive behind this video which explains how social influence is difficult to resist. <https://www.youtube.com/watch?v=XxfcaY86jpw>



PSHE: Self-Concept, Social Influences. SMSC: Understanding the wide range of cultural influences that shape heritage, 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.

Confidence and Self-Esteem

I love this video - it's all about confidence and self esteem and not comparing oneself to others. <https://www.youtube.com/watch?v=pdjaxS4ME2A>



*PSHE: Mental Health, Respect, Self-Concept, SMSC:
Understanding the consequences of their behaviour
and actions, Using a range of social skills in different
contexts,*

Everyone is Worthy!



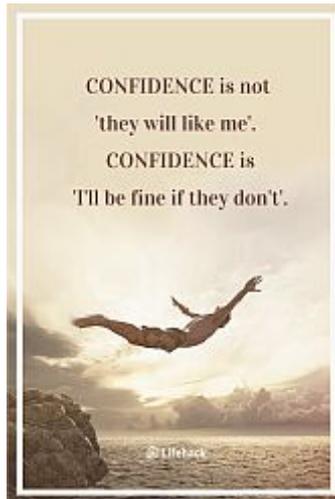
An extraordinary lesson in self-worth. Nick Vujicic was born without limbs - he is probably the most 'together' person I've ever come across.

<https://youtu.be/vSvRA8jUSxQ>

*PSHE: Social Influences, Self Concept. SMSC: Reflecting
about their own beliefs and perspective on life*

And finally..

Why do we seek approval from others? This quote is really quite inspiring and very true in the long run.



Bye for now

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***Previous editions of our Newsletter can be found on our [website](#)**

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