



Building Personal Success



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Dear Parents and Carers,

Each half term, each class is taught a weekly PSHE (Personal, Social and Health Education) lesson. At Brampton, we base our PSHE lessons on the Jigsaw scheme of work and adapt them for the children here at Brampton. There is a different topic each half term. This half term, all of the classes from Reception to Year 6 will be looking at the topic: **Being Me in this World**.

At our parental consultations, parents asked for information about the objectives being covered during the PSHE lessons at Brampton.

These are the objectives being covered in Year 3 this half term:

Year Group	PSHE and Citizenship Objectives	Emotional Literacy/Social Skills
Year 3	<ul style="list-style-type: none"> I recognise my worth and can identify positive things about myself and my achievements. I can set personal goals. I know how to use my Jigsaw Journal. I can face new challenges positively, make responsible choices and ask for help when I need it. I understand why rules are needed and how they relate to rights and responsibilities. I understand that my actions affect myself and others and I care about other people's feelings. I can make responsible choices and take action. I understand my actions affect others and try to see things from their points of view. 	<ul style="list-style-type: none"> I value myself and know how to make someone else feel welcome and valued. I recognise how it feels to be happy, sad or scared and am able to identify if other people are feeling these emotions. I know how to make others feel valued. I understand that my behaviour brings rewards/consequences. I can work cooperatively in a group. I am choosing to follow the Learning Charter.

There are no additional books that will be read during PSHE lessons this half term.

If you would like any further information or would like to discuss these objectives in more detail, please do not hesitate to speak to your class teacher, the PSHE lead – Ms Henson (Reception – Cameroon class), or to me.

Kind regards,
 Mrs Marie Hardie
 Deputy Head Teacher