



Building Personal Success



Brampton Primary School
 Brampton Road
 London E6 3LB
 tel: 020 8472 0830
 info@brampton.newham.sch.uk

Mrs P Kettory
 Headteacher

Monday, 20th February 2023

Dear Parents and Carers,

Each week, each class in Reception take part in Personal, Social and Emotional Development (PSED) activities. At Brampton, we base our PSED activities 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: **Healthy Me**.

Parents and carers are given information about these lessons so that they can:

- 1) talk to their child at home about the learning that has taken place in school and
- 2) seek further information from the school if they have any questions around the content of the activities.

These are the objectives being covered in PSED in Reception this half term; children should:

- ~ see themselves as a valuable individual;
- ~ build constructive and respectful relationships;
- ~ express their feelings and consider the feelings of others;
- ~ show resilience and perseverance in the face of challenge;
- ~ identify and moderate their own feelings socially and emotionally;
- ~ think about the perspectives of others and
- ~ manage their own needs.

Spring 2 Week	Personal, Social and Emotional Development Activities	Friday Achievement Assembly Certificates
<p>1 Everybody's Body</p>	<p><u>Parents –please send in a photo/certificate/badge of your child’s favourite sport/exercise/physical activity outside of school, e.g. riding a bike, swimming, dancing, etc.</u></p> <p>Learning Intention ~ I understand that I need to exercise to keep my body healthy.</p> <p>PSED Activities ~ Have pictures of the children’s favourite sports and activities; the children show their picture and say why they enjoy doing it. ~ Discuss whether we were always able to do this or if it was something we had to learn and keep practising. ~ Think about another activity, sport or exercise that we would like to do and get better at and talk about how we need to practise it to get better at it. ~ Talk about why exercise is important for our bodies.</p>	<p>This week we are celebrating people in our school who have made a healthy choice.</p>
<p>2 We like to move it, move it!</p>	<p>Learning Intention ~ I understand how moving and resting are good for my body.</p> <p>PSED Activities ~ Play the Bean game and notice what happens to our bodies</p>	<p>This week we are celebrating people in</p>



Building Personal Success



Brampton Primary School
Brampton Road
London E6 3LB

tel: 020 8472 0830
info@brampton.newham.sch.uk

Mrs P Kettory
Headteacher

	<p>when we exercise.</p> <ul style="list-style-type: none"> ~ Have cards with pictures of different types of sports; the children act out one of the sports and the other children have to guess which sport it is. ~ Have a variety of different equipment available for the children to choose to play with – encouraging them to try something new. ~ Talk about why exercise is important for our bodies. 	<p>our school who have eaten a healthy, balanced diet.</p>
<p>3 Food, Glorious Food</p>	<p>Learning Intentions</p> <ul style="list-style-type: none"> ~ I know what the word ‘healthy’ means. ~ I know which foods are healthy, and not so healthy, and can make healthy eating choices. <p>PSED Activities</p> <ul style="list-style-type: none"> ~ Look at an example of a very unhealthy sandwich (e.g. packed with crisps, cake, sweets etc.) and talk about why it is unhealthy. ~ Look at what healthy food does to our bodies (e.g. gives us energy, helps our skin, teeth and bones to grow, helps us feel good etc.). ~ Prepare healthy meals in the role play area. 	<p>This week we are celebrating people in our school who have been physically active.</p>
<p>4 Sweet Dreams</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> ~ I know how to help myself go to sleep and understand why sleep is good for me. <p>PSED Activities</p> <ul style="list-style-type: none"> ~ Show the children a: dressing gown, pyjamas, teddy, hot water bottle, glass of milk, nightlight and a story book, revealed one at a time. Can the children identify what time of the day these things are most often used? ~ Talk about healthy bedtime routines and explain that sleep is important to help our bodies rest, grow and repair themselves. 	<p>This week we are celebrating people in our school who have tried to keep themselves and others safe.</p>
<p>5 Keeping Clean</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> ~ I can wash my hands thoroughly and understand why this is important especially before I eat and after I go to the toilet. <p>PSED Activities</p> <ul style="list-style-type: none"> ~ Show the children an array of fruits and vegetables that have visibly not been washed – ask if the children should eat them? Talk about why they should not be eaten – explain what germs can do. ~ Explain that if we do not wash our hands before we eat, it is like eating one of these fruits or vegetables. ~ Go through how to wash our hands properly. 	<p>This week we are celebrating people in our school who know how to be a good friend and enjoy healthy friendships.</p>
<p>6 Stranger Danger</p>	<p>Learning Intention</p> <ul style="list-style-type: none"> ~ I know what a stranger is and how to stay safe if a stranger 	<p>This week we are celebrating</p>



Building Personal Success



Brampton Primary School
Brampton Road
London E6 3LB

tel: 020 8472 0830
info@brampton.newham.sch.uk

Mrs P Kettory
Headteacher

	<p>approaches me.</p> <p>PSED Activities</p> <ul style="list-style-type: none"> ~ Read a book about stranger awareness and talk about what we can learn from the story, including not giving away information about ourselves. ~ Talk about the things we can say if a stranger speaks to us, or if someone is making us feel unsafe or uncomfortable. ~ Talk about how police officers help to keep us safe and we can dial 999 if we need help from a police officer. <p>Books</p> <p>Possible books to be read to fit in with the theme of stranger awareness</p> <ul style="list-style-type: none"> • <i>Little Red Riding Hood</i> • <i>Not Everyone is Nice</i> by Ann Tedesco • <i>Never Talk to Strangers</i>, by Irma Joyce 	<p>people in our school who know how to keep calm and deal with difficult situations.</p>
--	--	---

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 or to me.

Yours faithfully,

Mrs Marie Hardie
Deputy Head Teacher