



Building Personal Success



Brampton Primary School
Brampton Road
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Mrs P Kettory
Headteacher

Dear Parents and Carers,

At Brampton Primary, every week, each class is taught a PSHE (Personal, Social and Health Education) lesson. The PSHE lessons are based on the Jigsaw scheme of work and adapted 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 Year 1 this half term:

PSHE and Citizenship Objectives	Emotional Literacy and Social Skills	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> • I understand the difference between being healthy and unhealthy, and know some ways to keep myself healthy. • I know how to make healthy lifestyle choices. • I know how to keep myself clean and healthy, and understand how germs cause disease/illness. • I know that all household products including medicines can be harmful if not used properly. • I understand that medicines can help me if I feel poorly and I know how to use them safely. • I know how to keep safe when crossing the road, and about people who can help me to stay safe. • I can tell you why I think my body is amazing and can identify some ways to keep it safe and healthy. 	<ul style="list-style-type: none"> • I feel good about myself when I make healthy choices. • I am special so I keep myself safe. • I know some ways to help myself when I feel poorly. • I can recognise when I feel frightened and know who to ask for help. • I can recognise how being healthy helps me to feel happy. 	Week 1 This week we are celebrating people in our school who have made a healthy choice.
		Week 2 This week we are celebrating people in our school who have eaten a healthy, balanced diet.
		Week 3 This week we are celebrating people in our school who have been physically active.
		Week 4 This week we are celebrating people in our school who have tried to keep themselves and others safe.
		Week 5 This week we are celebrating people in our school who know how to be a good friend and enjoy healthy friendships.
		Week 6 This week we are celebrating people in our school who know how to keep calm and deal with difficult situations.

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.

Kind regards,

Mrs Marie Hardie
Deputy Head Teacher



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