



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 2 this half term:

<b>PSHE and Citizenship Objectives</b>	<b>Emotional Literacy and Social Skills</b>	<b>Friday Achievement Assembly Certificates</b>
<ul style="list-style-type: none"> <li>• I know what I need to keep my body healthy.</li> <li>• I can show or tell you what relaxed means and I know some things that make me feel relaxed and some that make me feel stressed.</li> <li>• I understand how medicines work in my body and how important it is to use them safely.</li> <li>• I can sort foods into the correct food groups and know which foods my body needs every day to keep me healthy.</li> <li>• I can decide which foods to eat to give my body energy.</li> <li>• I know which foods are most nutritious for my body.</li> <li>• I can make some healthy snacks and explain why they are good for my body.</li> </ul>	<ul style="list-style-type: none"> <li>• I am motivated to make healthy lifestyle choices.</li> <li>• I can tell you when a feeling is weak and when a feeling is strong.</li> <li>• I feel positive about caring for my body and keeping it healthy.</li> <li>• I have a healthy relationship with food and know which foods I enjoy the most.</li> <li>• I can express how it feels to share healthy food with my friends.</li> </ul>	<p>Week 1 This week we are celebrating people in our school who have made a healthy choice.</p>
		<p>Week 2 This week we are celebrating people in our school who have eaten a healthy, balanced diet.</p>
		<p>Week 3 This week we are celebrating people in our school who have been physically active.</p>
		<p>Week 4 This week we are celebrating people in our school who have tried to keep themselves and others safe.</p>
		<p>Week 5 This week we are celebrating people in our school who know how to be a good friend and enjoy healthy friendships.</p>
		<p>Week 6 This week we are celebrating 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.

Kind regards,

Mrs Marie Hardie  
Deputy Head Teacher