



Building Personal Success



Brampton Primary School
Brampton Road
London E6 3LB

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

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 3 this half term:

PSHE and Citizenship Objectives	Emotional Literacy and Social Skills	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> • I understand how exercise affects my body and know why my heart and lungs are such important organs. • I can tell you my knowledge and attitude towards drugs. • I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help. • I understand that, like medicines, some household substances can be harmful if not used correctly. • I understand how complex my body is and how important it is to take care of it. 	<ul style="list-style-type: none"> • I can set myself a fitness challenge. • I can identify how I feel towards drugs. • I can express how being anxious or scared feels. • I can take responsibility for keeping myself and others safe at home. • I respect my body and appreciate what it does for me. 	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