



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 4 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 can recognise how different friendship groups are formed, how I fit into them and the friends I value the most.</li> <li>• I can recognise the changing dynamics between people in different groups, see who takes on which role, e.g. leader, follower, and understand the roles I take on in different situations.</li> <li>• I understand the facts about smoking and its effects on health, and also some of the reasons some people start to smoke.</li> <li>• I understand the facts about alcohol and its effects on health, particularly the liver, and also some of the reasons some people drink alcohol.</li> <li>• I can identify feelings of anxiety and fear associated with peer pressure.</li> </ul>	<ul style="list-style-type: none"> <li>• I recognise when other people's actions make me feel embarrassed, hurt or inadequate and I can help myself to manage these emotions.</li> <li>• I am aware of how different people and groups impact on me and can recognise the people I most want to be friends with.</li> <li>• I can relate to feelings of shame and guilt and know how to act assertively to resist pressure from myself and others.</li> <li>• I can recognise when people are putting me under pressure and can explain ways to resist this when I want.</li> <li>• I know myself well enough to have a clear picture of what I believe is right and wrong.</li> <li>• I can tap into my inner strength and know how to be assertive.</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