



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 5 this half term:

PSHE and Citizenship Objectives	Emotional Literacy and Social Skills	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> • I know the health risks of smoking and can tell you how tobacco affects the lungs, liver and heart. • I know some of the risks with misusing alcohol, including anti-social behaviour, and how it affects the liver and heart. • I know and can put into practice basic emergency aid procedures (including recovery position) and know how to get help in emergency situations. • I understand how the media and celebrity culture promotes certain body types. • I can describe the different roles food can play in people's lives and can explain how people can develop eating problems (disorders) relating to body image pressures. • I know what makes a healthy lifestyle including healthy eating and the choices I need to make to be healthy and happy. 	<ul style="list-style-type: none"> • I can make an informed decision about whether or not I choose to smoke and know how to resist pressure. • I can make an informed decision about whether or not I choose to drink alcohol and know how to resist pressure. • I know how to keep myself calm in emergencies. • I can reflect on my own body image and know how important it is that this is positive and I accept and respect myself for who I am. • I respect and value my body. • I am motivated to keep myself healthy and happy. 	<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



Building Personal Success



Brampton Primary School
Brampton Road
London E6 3LB

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

Mrs P Kettory
Headteacher

Deputy Head Teacher