



Building Personal Success



Brampton Primary School
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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 6 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 impact of food on the body, e.g. creating energy, giving comfort and altering mood. • I know about different types of drugs and their uses and their effects on the body particularly the liver and heart. • I can evaluate when alcohol is being used responsibly, anti-socially or being misused. • I know and can put into practice basic emergency aid procedures (e.g. the recovery position) and know how to get help in emergency situations. • I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. • I can recognise when I feel stressed and the triggers that cause this and I understand how stress can cause alcohol misuse. 	<ul style="list-style-type: none"> • I am motivated to give my body the best combination of food for my physical and emotional health. • I am motivated to find ways to be happy and cope with life's situations without using drugs. • I can tell you how I feel about using alcohol when I am older and my reasons for this. • I know how to keep myself safe to avoid emergencies and also how to deal with emergencies if they happen. • I know how to help myself feel emotionally healthy and can recognise when I need help with this. • I can use different strategies to manage stress and pressure. 	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



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