



Building Personal Success



Brampton Primary School
Brampton Road
London E6 3LB

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

Mrs P Kettory
Headteacher

Tuesday 16th April 2024

Dear Parents and Carers,

Each week, each class in Reception take part in Personal, Social and Emotional Development (PSED) activities. At Brampton, we base our PSED activities on the Jigsaw scheme of work and adapt them 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: **Relationships**.

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 PSED in Reception this half term; children should:

- ~ see themselves as a valuable individual;
- ~ build constructive and respectful relationships;
- ~ express their feelings and consider the feelings of others;
- ~ identify and moderate their own feelings socially and emotionally and
- ~ think about the perspectives of others.

Summer 1 Week	Personal, Social and Emotional Development Activities	Friday Achievement Assembly Certificates
<p>1 My Family and Me!</p>	<p><u>Parents and carers, please provide a photo of the family your child lives with to bring into school and share with their class.</u></p> <p>Learning Intention ~ I can identify some of the jobs I do in my family.</p> <p>PSED Activities ~ Think about what a family is. ~ Look at pictures of our families. ~ Think about the jobs our families do and also what our jobs and responsibilities may be around the home. ~ Talk about what would happen if no one did the jobs they were responsible for?</p>	<p>This week we are celebrating people in our school who know how to make friends.</p>
<p>2 Make Friends, Make Friends, Never Ever Break Friends! Part 1</p>	<p>Learning Intention ~ I know how to make friends to stop myself from feeling lonely.</p> <p>PSED Activities ~ Think about what the word 'lonely' means. ~ Talk about when you have felt lonely or when you have helped someone who if feeling lonely. ~ Play the 'Build a Friend' game. What would the ideal friend have? E.g. a smiley face. What do you like most about your friends in class? What do they like most about you? ~ Talk about how we can all be a good friend</p>	<p>This week we are celebrating people in our school who try to solve friendship problems when they occur.</p>



	<p>Books Possible books to be read to fit in with the theme of friendship</p> <ul style="list-style-type: none"> • <i>Frank and Teddy Make Friends</i> by Louise Yates. • <i>George and Martha</i> by James Marshall. 	
<p>3 Make Friends, Make Friends, Never Ever Break Friends! Part 2</p>	<p>Learning Intentions ~ I can think of ways to solve problems and stay friends.</p> <p>PSED Activities ~ Think about times when we have been upset with our friends and talk about what happened. ~ Read a story that demonstrates how friendships are not always perfect. ~ Talk about ways that we can make things better when we fall out with our friends.</p> <p>Books Possible books to be read to fit in with the theme of friendship</p> <ul style="list-style-type: none"> • <i>Frank and Teddy Make Friends</i> by Louise Yates. • <i>Mabel and Me, Best of Friends</i> by Mark Sperring and Sarah Warburton 	<p>This week we are celebrating people in our school who help others to feel part of a group.</p>
<p>4 Falling Out and Bullying Part 1</p>	<p>Learning Intention ~ I am starting to understand the impact of unkind words.</p> <p>PSED Activities ~ Talk about the impact unkind words can have on us (use the shaving cream or toothpaste analogy). ~ Talk about positive things we can say about each other and the impact words can have.</p>	<p>This week we are celebrating people in our school who show respect in how they treat others.</p>
<p>5 Falling Out and Bullying Part 2</p>	<p>Learning Intention ~ I can use Calm Me Time to manage my feelings.</p> <p>PSED Activities ~ Talk about a time when you have felt angry. ~ What methods can we use to calm down when we feel angry? ~ Practise some calming down methods (listening to calming music, taking deep breaths, thinking about a time that made you happy etc.).</p>	<p>This week we are celebrating people in our school who know how to help themselves and others when they feel upset and hurt.</p>
<p>6 Being the Best Friend We Can Be</p>	<p>Learning Intention ~ I know how to be a good friend.</p> <p>PSED Activities ~ Look at examples of friends in stories (e.g. Woody and Buzz from Toy Story). Do they always get on? ~ Talk about some of the things that a friend should and should not do. ~ Talk about how we can stay good friends. ~ Practise telling the other children in the class about something you like about them.</p>	<p>This week we are celebrating people in our school who know and show what makes a good relationship.</p>



Building Personal Success



Brampton Primary School
Brampton Road
London E6 3LB

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

Mrs P Kettory
Headteacher

On 16th April the children will also be taking part in 'My Right to be Safe Day'. The children will take part in a range of activities, including assemblies, aimed at helping children to understand when they need to keep themselves safe and how. As part of this, we will aim to teach the children about appropriate touch and keeping themselves safe, using the NSPCC PANTS resources.

PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

The children will take part in activities that help them to understand and remember this message in an age-appropriate way. If you would like to know more about the NSPCC's campaign, more information can be found at <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>.

If you would like any further information or would like to discuss these objectives in more detail, please do not hesitate to speak to Miss Akram (PSHE Lead), your class teacher or to me.

Yours faithfully,

Mrs Marie Hardie
Deputy Head Teacher

**WE HAVE
ACHIEVED**



Quality Mark

EARLY YEARS
AWARD