



Building Personal Success



Brampton Primary School
 Brampton Road
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Mrs P Kettory
 Headteacher

Tuesday 16th April 2024

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: **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 Year 1 this half term:

<p style="text-align: center;">Summer 1 PSHE and Citizenship Objectives</p>	<p style="text-align: center;">Friday Achievement Assembly Certificates</p>
<ul style="list-style-type: none"> • I can identify the members of my family and understand that there are lots of different types of families. • I can identify what being a good friend means to me. • I know appropriate ways of physical contact to greet my friends and know which ways I prefer. • I know who can help me in my school community. • I can recognise my qualities as person and a friend. I know ways to praise myself. • I can tell you why I appreciate someone who is special to me. 	<p>Week 1 This week we are celebrating people in our school who know how to make friends</p> <p>Week 2 This week we are celebrating people in our school who try to solve friendship problems when they occur.</p> <p>Week 3 This week we are celebrating people in our school who help others to feel part of a group.</p> <p>Week 4 This week we are celebrating people in our school who show respect in how they treat others.</p>
<p style="text-align: center;">Emotional Literacy and Social Skills</p> <ul style="list-style-type: none"> • I know how it feels to belong to a family and care about the people who are important to me. • I know how to make a new friend. • I can recognise which forms of physical contact are acceptable and unacceptable to me. • I know when I need help and know how to ask for it. • I can express how I feel about someone who is special to me. 	<p>Week 5 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>Week 6 This week we are celebrating people in our school who know and show what makes a good relationship.</p>

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



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- 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