



**Building Personal Success**



Brampton Primary School  
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London E6 3LB

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Mrs P Kettory  
Headteacher

Tuesday 16<sup>th</sup> 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 3 this half term:

<p align="center"><b>Summer 1 PSHE and Citizenship Objectives</b></p>	<p align="center"><b>Friday Achievement Assembly Certificates</b></p>
<ul style="list-style-type: none"> <li>• I can identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females.</li> <li>• I can identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener.</li> <li>• I know and can use some strategies for keeping myself safe.</li> <li>• I can explain how some of the actions and work of people around the world help and influence my life.</li> <li>• I understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</li> <li>• I know how to express my appreciation to my friends and family.</li> </ul>	<p><b>Week 1</b> This week we are celebrating people in our school who know how to make friends.</p> <p><b>Week 2</b> This week we are celebrating people in our school who try to solve friendship problems when they occur.</p> <p><b>Week 3</b> This week we are celebrating people in our school who help others to feel part of a group.</p> <p><b>Week 4</b> This week we are celebrating people in our school who show respect in how they treat others.</p> <p><b>Week 5</b> 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><b>Week 6</b> This week we are celebrating people in our school who know and show what makes a good relationship.</p>
<p align="center"><b>Emotional Literacy and Social Skills</b></p>	
<ul style="list-style-type: none"> <li>• I can describe how taking some responsibility in my family makes me feel.</li> <li>• I know how to negotiate in conflict situations to try to find a win-win solution.</li> <li>• I know who to ask for help if I am worried or concerned.</li> <li>• I can show an awareness of how this could affect my choices.</li> <li>• I can empathise with children whose lives are different to mine and appreciate what I may learn from them.</li> <li>• I enjoy being part of a family and friendship groups.</li> </ul>	

On 16<sup>th</sup> 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.



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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