



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 and Economic Wellbeing**.

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:

<p align="center">Summer 1 PSHE and Citizenship Objectives</p>	<p align="center">Friday Achievement Assembly Certificates</p>
<ul style="list-style-type: none"> • I have an accurate picture of who I am as a person in terms of my characteristics and personal qualities. • I can recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends. • I understand how to stay safe when using technology to communicate with my friends. • To learn about the role money plays in people’s lives. • To learn that decisions can be made about spending money based on budget, value, and needs. 	<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 align="center">Emotional Literacy and Social Skills</p> <ul style="list-style-type: none"> • I know how to keep building my own self-esteem. • I know how to stand up for myself and how to negotiate and compromise. • I can recognise the feeling of jealousy, where it comes from and how to manage it (in the context of friendships and sibling relationships). • I can recognise and resist pressures to use technology in ways that may be risky or may cause harm to others. • I can recognise where money comes from and how it is used. • I can describe different attitudes people may have towards money. • I can evaluate different ways to pay and identify which options are more useful or appropriate in different contexts. • I can analyse what influences people’s decisions about spending money and how they manage those influences. • I can identify how budget, value, and needs can influence decisions about spending money. • I can explain different ways that money can be saved and kept safe, and why this is important. • I can explain the importance of keeping track of money. 	<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>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.



Building Personal Success



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Mrs P Kettory
Headteacher

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