



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 6 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 most significant people to be in my life so far. • I know some of the feelings we can have when someone dies or leaves. • I understand that there are different stages of grief and that there are different types of loss that cause people to grieve. • I can recognise when people are trying to gain power or control. • I understand how technology can be used to try to gain power or control and I can use strategies to prevent this from happening. • I can use technology positively and safely to communicate with my friends and family. 	<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 understand how it feels to have people in my life that are special to me. • I can use some strategies to manage feelings associated with loss and can help other people to do so. • I can recognise when I am feeling those emotions and have strategies to manage them. • I can demonstrate ways I could stand up for myself and my friends in situations where others are trying to gain power or control. • I can take responsibility for my own safety and well-being. 	<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.



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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