



Building Personal Success



Brampton Primary School
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Mrs P Kettory
Headteacher

Tuesday 6th June 2023

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: **Changing Me**.

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:

PSHE and Citizenship Objectives	Friday Achievement Assembly Certificates
<ul style="list-style-type: none"> I am aware of my own self-image and how my body image fits into that. I can identify what I am looking forward to and what worries me about the transition to secondary school. 	<p>Week 1 This week we are celebrating people who understand that everyone is unique and special.</p>
<p>Emotional Literacy and Social Skills</p>	<p>Week 2 This week we are celebrating people who can express how they feel when change happens.</p>
<ul style="list-style-type: none"> I know how to develop my own self esteem. I know how to prepare myself emotionally for starting secondary school. 	<p>Week 3 This week we are celebrating people who understand and respect the changes that they see in themselves.</p>
<p>Other questions to be explored during transition work:</p>	<p>Week 4 This week we are celebrating people who understand and respect the changes that they see in others.</p>
<ul style="list-style-type: none"> What is meant by a healthy lifestyle? How can we maintain physical health? How can we maintain mental and emotional health and wellbeing? How can we manage risks to physical health? How can we manage risks to emotional health and wellbeing? Can we describe ways of keeping physically and emotionally safe? What are the best ways to manage change? Where can I go to find information that can help me to make informed choices about health and wellbeing? How should we respond in an emergency? Can I identify different influences on health and wellbeing? 	<p>Week 5 This week we are celebrating people who know who to ask for help if they are worried about change.</p>
	<p>Week 6 This week we are celebrating people who are looking forward to change.</p>

Year 6 will also have the opportunity to recap their puberty talk from Year 5, and learn about human reproduction, in a lesson delivered by SLT later in the term. If you would like to see the lesson resources, please attend one of the parent presentations taking place on Friday 9th June at 9.15am (and repeated at 4pm) or on Monday 19th June at 9.15am (and repeated at 5pm), being held in the parents' room next to the main office. If these dates and times are not convenient, or if you would like to discuss withdrawal, do let me know.

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

Kind regards,

Mrs Marie Hardie
Deputy Head Teacher