



Building Personal Success



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Headteacher

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Dear Parents and Carers,

Each week, each class in Reception take part in Personal, Social and Emotional Development (PSED) activities. At Brampton, we base our PSED activities on the Jigsaw scheme of work and adapt them 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 PSED in Reception this half term; children should:

- ~ see themselves as a valuable individual;
- ~ build constructive and respectful relationships;
- ~ express their feelings and consider the feelings of others;
- ~ show resilience and perseverance in the face of challenge;
- ~ identify and moderate their own feelings socially and emotionally;
- ~ think about the perspectives of others and
- ~ manage their own needs.

Summer 2 Week	Personal, Social and Emotional Development Activities	Friday Achievement Assembly Certificates
1 My Body	<p><b>Learning Intention</b></p> <ul style="list-style-type: none"> <li>~ I can names parts of the body.</li> </ul> <p><b>PSED Activities</b></p> <ul style="list-style-type: none"> <li>~ Draw an outline around one of the children.</li> <li>~ Ask the children to name as many body parts as they can and label the outline.</li> <li>~ Talk about what the parts do and why they are important. E.g. our ears are for hearing, we need them so we can listen.</li> <li>~ Talk about senses – with the parts of our body we can: taste (tongue), smell (nose), touch (hands), look (eyes), hear (ears).</li> <li>~ Play games that involve parts of the body, e.g. Simon Says; Stuck in the Mud; Musical Statues etc.</li> </ul> <p><b>Books</b></p> <p>Possible books to be read to fit in with the theme of learning about our bodies: <i>Look Inside Your Body</i> by Louie Stowell.</p>	This week we are celebrating people who understand that everyone is unique and special.
2 Respecting My Body	<p><b>Learning Intention</b></p> <ul style="list-style-type: none"> <li>~ I can tell you some of the things I can do and foods I can eat to be healthy.</li> </ul>	This week we are celebrating

WE HAVE ACHIEVED



Quality Mark  
EARLY YEARS  
AWARD

	<p><b>PSED Activities</b></p> <ul style="list-style-type: none"> <li>~ Sing the song 'Make a Good Decision' from Healthy Me.</li> <li>~ Provide two separate containers and a selection of objects/pictures of foods and activities. Ask the children to sort them into healthy and not so healthy. Discuss our ideas.</li> <li>~ What advice can we give Jigsaw Jenie on how to be healthy?</li> <li>~ What would happen if we eat less healthy food all the time? How would that make us feel? What would happen to our bodies (tired, sick etc.)?</li> <li>~ What can we do this week to keep healthy and happy?</li> </ul>	<p>people who can express how they feel when change happens.</p>
<p>3 Growing Up</p>	<p><b>Learning Intentions</b></p> <ul style="list-style-type: none"> <li>~ I understand that we all grow from babies to adults.</li> </ul> <p><b>PSED Activities</b></p> <ul style="list-style-type: none"> <li>~ Sing the jigsaw song, <i>A New Day</i> and read a book with the theme of growing up (e.g. <i>The Very Hungry Caterpillar</i>).</li> <li>~ Talk about all the changes that have already happened from when we were a baby, until now. Include visible features and abilities.</li> <li>~ Look at pictures of a baby, a child, a teenager, an adult and an older person. Can the children put them in order and talk about the different stages of life?</li> <li>~ What will we be able to do in the future that we cannot do now (e.g. drive a car)? What are we excited about being able to do when we grow up?</li> </ul> <p><b>Books</b></p> <p>Possible books to be read to fit in with the theme of growing up:</p> <ul style="list-style-type: none"> <li>• <i>I Wonder Why Kangaroos Have Pouches</i> by Jenny Wood</li> <li>• <i>The Very Hungry Caterpillar</i> by Eric Carle</li> </ul>	<p>This week we are celebrating people who understand and respect the changes that they see in themselves.</p>
<p>4 Fun and Fears Part 1</p>	<p><b>Learning Intention</b></p> <ul style="list-style-type: none"> <li>~ I can express how I feel about moving to Year 1.</li> </ul> <p><b>PSED Activities</b></p> <ul style="list-style-type: none"> <li>~ Sing the jigsaw song, <i>A New Day</i> and move around the room in different ways (e.g. in a happy, in a sad way etc.).</li> <li>~ Explain that we will be moving to a new class after the summer holidays and that may make us have some of the feelings that we have just been acting out. Discuss what we are excited/nervous or scared about regarding the move.</li> <li>~ Read a book about feelings and talk about how it is natural to have a range of feelings. Explain that the best things to do if we are worried about the feelings we are having is to speak to an adult.</li> <li>~ Share what we are excited about for the move to Year 1.</li> </ul> <p><b>Books</b></p> <p>Possible books to be read to fit in with the theme of worries:</p> <ul style="list-style-type: none"> <li>• <i>The Huge Bag of Worries</i> by Virginia Ironside</li> </ul>	<p>This week we are celebrating people who understand and respect the changes that they see in others.</p>

<p>5 Fun and Fears Part 2</p>	<p><b>Learning Intention</b> ~ I can talk about how I feel about my worries and/or the things I am looking forward to about being in Year 1.</p> <p><b>PSED Activities</b> ~ Put on some music and ask the children to move in different ways – happy, sad, excited, worried etc. ~ Explain that Jigsaw Jenie is worried about the children moving up to Year 1; invite Jigsaw Jack from Year 1 to come down and answer all their questions and concerns. ~ Talk about how to overcome fears and worries.</p>	<p>This week we are celebrating people who know who to ask for help if they are worried about change.</p>
<p>6 Celebration</p>	<p><b>Learning Intention</b> ~ I can share my memories of the best bits of this year in Reception.</p> <p><b>PSED Activities</b> ~ Show the children the picture PowerPoint of everything they have taken part in and achieved this year. ~ The grown-ups share their favourite memory of the year. ~ Have a memory box, the children's memories will be written down and saved in the memory box. ~ Go round the circle and each child shares their favourite memory of the year. ~ Close the box and explain that we will always have these memories. Explain that they will make lots of new, wonderful memories in Year 1. ~ Talk to the children about what they have achieved and how proud their teachers are of them. Ensure that they know they are ready for the next stage of their learning.</p>	<p>This week we are celebrating people who are looking forward to change.</p>

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**