

SUTTON CE (VC) PRIMARY SCHOOL

Dear Parent/Carer,

Re: Personal, Social Health Education (PSHE) - summer term 2017 – Year 5 and Year 6

During their time at Sutton CE (VC) Primary School your child will engage in weekly PSHE lessons. As a direct result of parent feedback we have decided to share with you what areas your child will be covering each term. Therefore you will hopefully be able to support your child further at home.

Please find below a summary of the information your child will be learning about this term.

Healthy Lifestyles

To be aware of and be able to identify a range of factors which contribute to their physical and mental health.

To know about why we eat and to understand the benefits of a range of nutrients for keeping the body healthy.

To know how to achieve an energy balance that will help us stay healthy and be active.

To understand the benefits of physical education in promoting health.

To understand there are a range of influences on the choices they make about diet and exercise.

Working Together

To recognise their own strengths and skills and to be able to challenge themselves and others to work on developing new skills.

To understand and practise some skills of a good communicator.

To understand and develop effective group work skills.

To recognise influences on their decision making (including the media).

To be able to persevere and overcome barriers to achieving a task.

To be able to give and receive positive and constructive feedback.

If you have any questions please see your child's class teacher in the first instance.

Yours sincerely,

Mrs C Robertson

PSHE Subject Leader