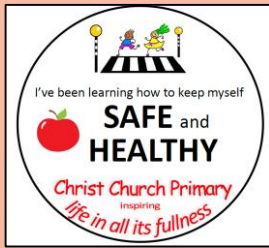


PSHE Week - February 2019

Keeping Ourselves Safe and Healthy



NSPCC
Learning about the importance of speaking out and privacy.



A-life
Learning about the effects of exercise and a healthy diet on the body as well as looking at how germs spread.



This week the whole school has been thinking about how we can lead a healthy lifestyle. We thought about hygiene and the negative impact of germs alongside learning about privacy. Many classes thought about what a healthy diet looks like and even tried some cooking! We all took part in wake and shake each morning, too!



Alcohol and Drug Awareness
Year 6 learnt about the dangers of drug and alcohol abuse.



Waitrose Cookery School
Learning about a balanced diet and how to make a healthy meal.



Doctor
Learning how to use medicines safely and the importance of keeping healthy.

