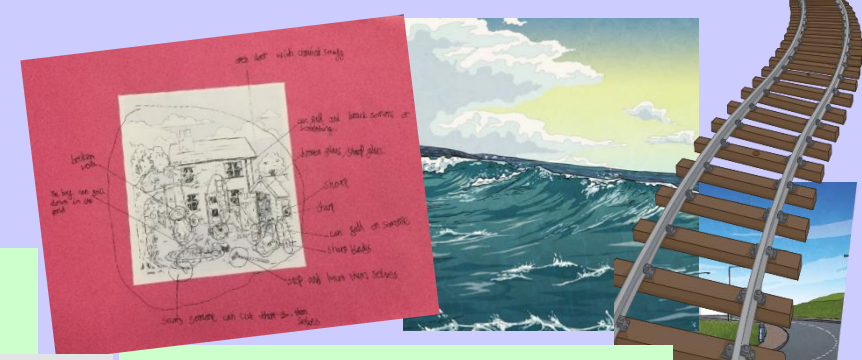


PSHE Week

Keeping Safe and Healthy

Year 4



We started the week by learning about oral hygiene. We learnt about why it is important to visit the dentist regularly, brush twice a day with fluoride toothpaste and how diet can impact our teeth.

We learnt about risks, hazards and danger. We spotted hazards in pictures and discussed what we could do to minimise the danger.

We found out how to stay safe when we are near water, trains and roads. We made posters to promote good safety when out and about in our local environment.

We role played what we should do in an emergency situation. We have to remember to tell the operator as much information as we can.

Remember LIONEL

D Danger **R** Response **S** Shout **A** Airway **B** Breathing **C** Circulation

999



Personal training plan

Write some tips for Tilly

Food & drink: - you should eat more fruit and veg

Brushing: - use a toothbrush with fluoride toothpaste

Dentist: - go to the dentist every 6 months



We had a visit from a police officer and learnt about how to stay safe when we are out in public.

We created presentations in small groups to explain what we had learnt. We wrote songs and poems about good oral hygiene!



We visited the West Hampstead Fire station where we learnt about fire safety and what to do in an emergency. We even got to have a go with the fire hoses!

We also learnt basic first aid and each received a certificate!

