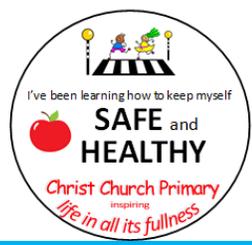




# Year 5's Spring Term PSHE Week – Keeping Safe and Healthy



This week we learnt about choices that support a healthy lifestyle and how to recognise what might influence these. We also thought about what good physical health means, how to recognise early signs of physical illness and how and when to seek support, including which adults to speak to in and outside school, if we are worried about our health. We created timetables for a day which showcased a healthy, balanced lifestyle and we thought about different physical illnesses and made posters about these.



We thought about mental health and why it is important to keep our minds healthy as well as our bodies! We thought of strategies to support positive mental health and then created informative posters and leaflets to showcase what we had learnt. We also thought about who we can talk to if we feel we need to.

We also thought about staying safe online. We learnt about the importance of keeping personal information private and thought about strategies for keeping safe online, including how to manage requests for personal information. We discussed what to do if worried by something seen online and also thought about how to model respectful behaviour online.



February 2023

We also learnt about keeping safe when we are out and about. We completed a pedestrian training session to learn about how to walk safely on the pavement and how to cross roads. We also had a visit from the police to learn about personal safety.



- S** - **SAFE**  
(Having secure passwords and security settings)
- M** - **MEAN MACHINE**  
(Recognising what cyber bullying is)
- A** - **AWARENESS**  
(Not over sharing personal details or photos online)
- R** - **RULES**  
(Recognising what you should and shouldn't post about others)
- T** - **TELLING**  
(Reporting something you don't like)
- Y** - **YOU**  
(Understanding that cyber safety is **YO**UR responsibility)