

Year 6 PSHE week Keeping Safe and Healthy February 2023

We learnt about the benefits of good quality sleep and what can happen if we have poor quality sleep. We also learnt how we can get better sleep using the following acronym
B- Bed time routine
E- Environment
D- Day time routine

These are some of the ways in which the Internet can be used positively...

These are some of the ways in which the Internet can be used negatively...

We used what we had learnt to create posters and leaflets about Digital Wellbeing

We learnt about the importance of having and celebrating our own identities to support our emotional wellbeing

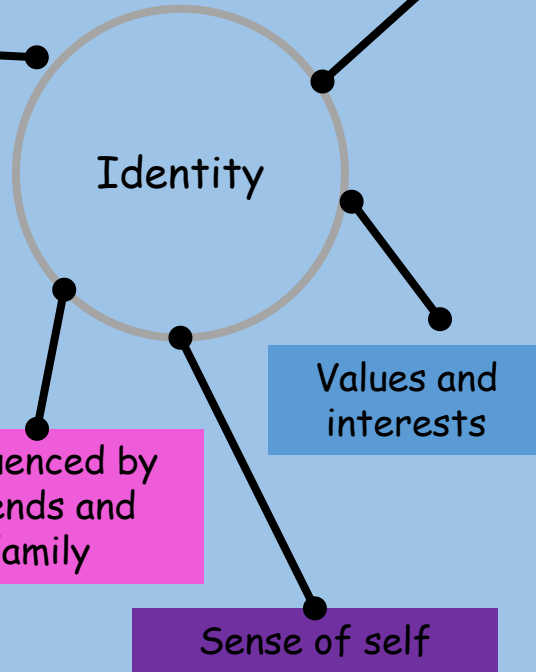
Self-reflection

We had a first aid workshop learning how to respond to the medical needs of ourselves and others safely. We learnt about:

D- danger
R- response
A- airways
B- breathing
C- circulation

And were taught how to give CPR.

Not about physical appearances



We were lucky enough to have a visiting police officer come to speak to us, who gave us advice on making the right choices. We had lots of opportunity to ask questions and share our worries.

