



# PSHE Week- Year 2- Keeping Safe and Healthy

## Personal Information

We thought about the kind of personal information you should keep private like your date of birth, school, home address and telephone number.



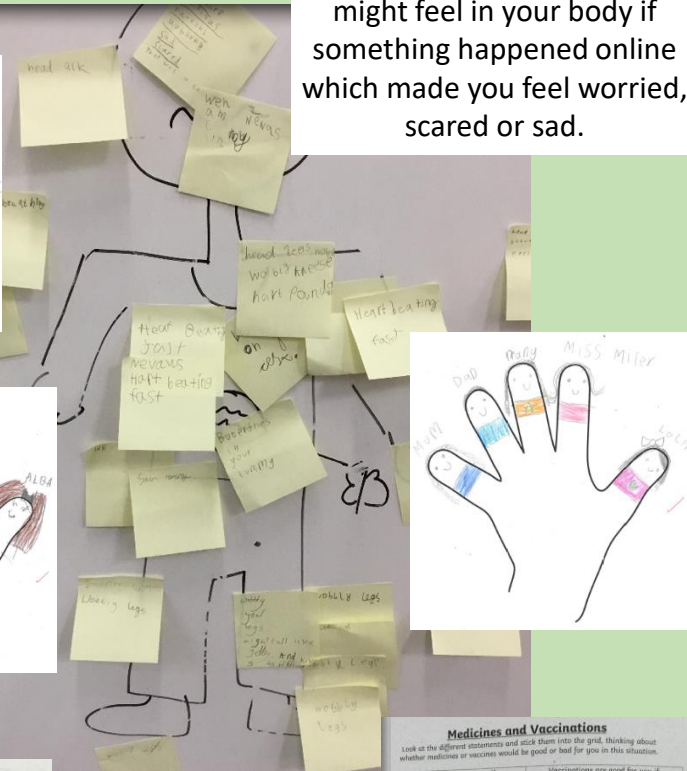
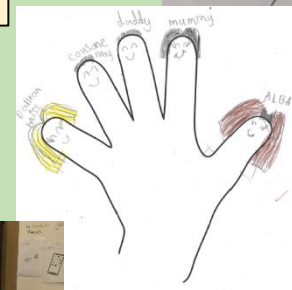
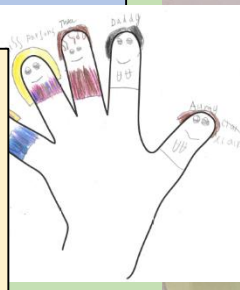
## Online safety

## How feelings can affect your body

We thought about how you might feel in your body if something happened online which made you feel worried, scared or sad.

## Police officer visit

Year 2 had a visit from two police officers who helped us think about how we can keep safe when out and about and who to ask for help from if we got lost. We thought about crossing the road safely with an adult and looking for someone in a uniform if we got lost at the shops.



## PSHE lessons

In lessons in class we learnt about personal hygiene, sleep hygiene and positive sleep routines, healthy food plates and how to keep our hearts and bodies healthy through exercise. We also learnt about medicines and vaccines.

