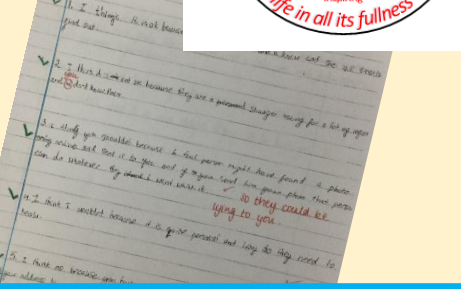
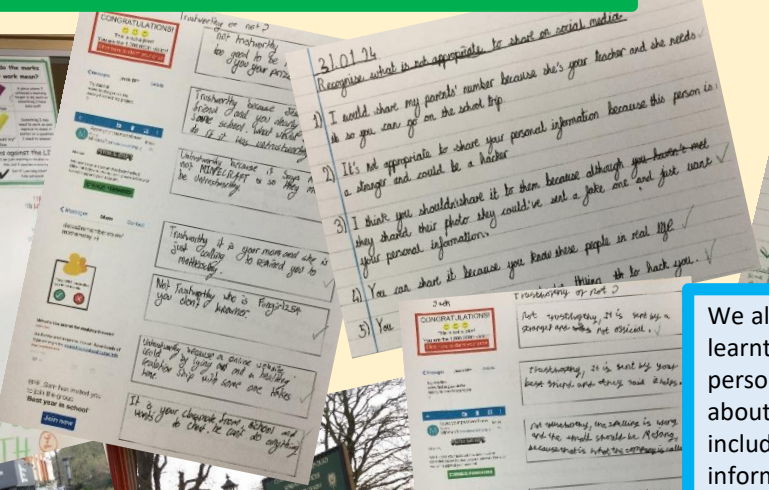
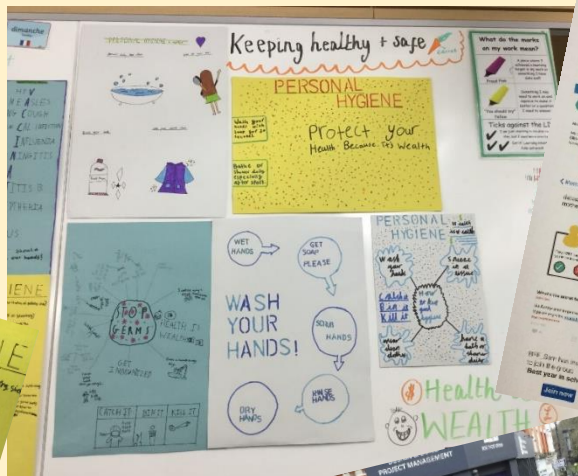
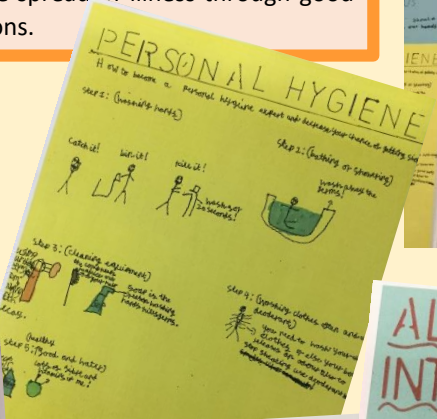
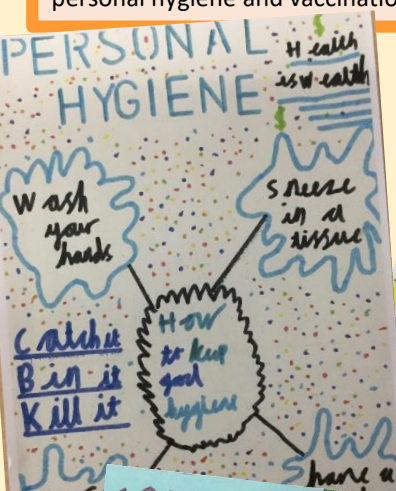




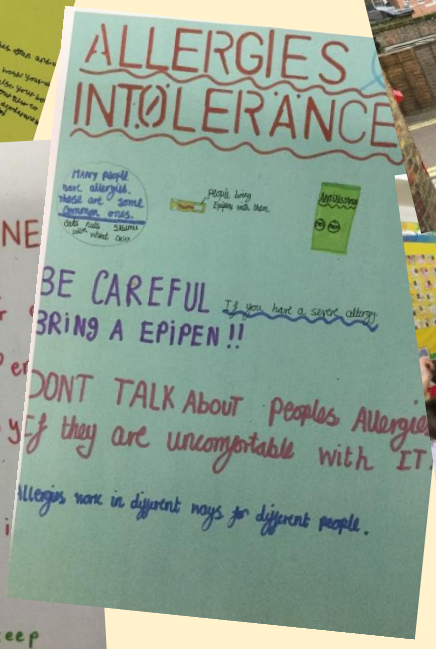
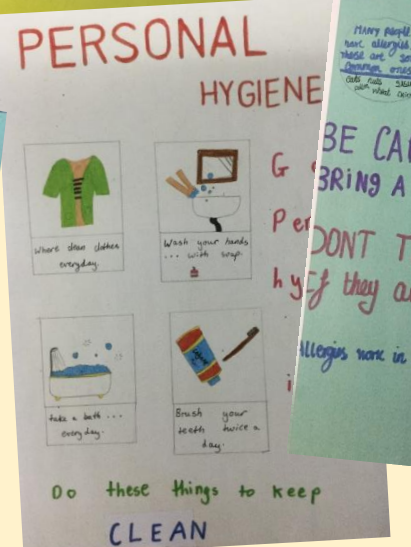
# Year 5's Spring Term PSHE Week: Keeping Safe and Healthy



This week we learnt about choices that support a healthy lifestyle and how to recognise what might influence these. We thought about what good physical health means, how to recognise early signs of physical illness and how to seek support if we are worried about our health. We created posters promoting how to minimise the spread of illness through good personal hygiene and vaccinations.



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 is and is not appropriate to share on social media and responded to a number of scenarios. Overall, we concluded that we should treat people online the same as we would a stranger in the real world.



Finally, we learnt about keeping safe when we are out and about. We completed pedestrian training to learn about how to walk safely on the pavement and how to cross roads. Two police officers spoke to us about how to keep our personal belongings safe and how to be safe walking to and from school.