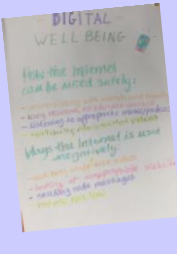




Keeping Healthy and Safe

Year Six Spring Term PSHE Week



A-life

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

We had a first aid workshop where we learnt 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

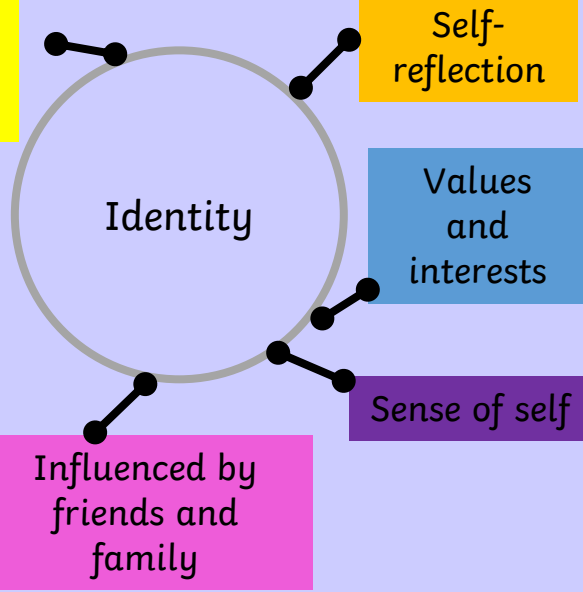


We were also taught how to give CPR, how to put a person into the recovery position, how to use an AED and how to use an auto injector like an EpiPen.

Not about physical appearances

We took part in a workshop learning the impacts of illegal drugs, alcohol and smoking. We were able to learn about real life cases and learnt more about the laws around legal and illegal drugs; alcohol; cigarettes; and vaping. It was interesting to debate whether or not smoking and vaping should be banned.

We were lucky enough to be visited by two police officers who gave us advice on **making the right choices** and on how to stay safe when out and about. We had lots of opportunity to ask questions and share our worries.



We learnt about the importance of having and celebrating our own identities to support our emotional wellbeing. We created posters to showcase different aspects of our identities and then had a go at guessing whose was whose!



February 2024

