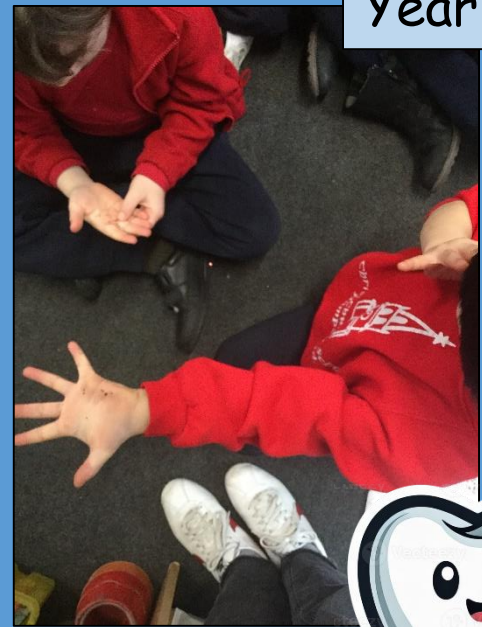


# Year 2 PSHE Week - Keeping safe and healthy Spring 2025



PSHE- this week has been PSHE week so we have been learning all about how to live a healthy life and how to stay safe.

During the week we learnt about hygiene and how to stay clean. We learnt about healthy food and exercise and the importance of both. We also learnt about the importance of brushing our teeth and visiting the dentist regularly. We revisited our learning about sleep and how to have a healthy sleep routine. We learnt about medicines and body parts and had a healthy living workshop with A-life. We learnt about keeping safe online and we also had a visit from a police officer! We will be bringing our folders of learning home to share with our families.



We used glitter to represent germs and saw how they could be passed on.

