

# Year 6 PSHE week Keeping Safe and Healthy Spring 2025

To learn about how sleep contributes to a healthy lifestyle; routines that support good quality sleep; the effects of lack of sleep on the body, feelings, behaviour and ability to learn

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

Online safety learning about:

- privacy and personal boundaries; what is appropriate in friendships and wider relationships (including online);
- about why someone may behave differently online, including pretending to be someone they are not; strategies for recognising risks, harmful content and contact; how to report concerns
- about some of the different ways information and data is shared and used online, including for commercial purposes
- about how information on the internet is ranked, selected and targeted at specific individuals and groups; that connected devices can share information

Whilst Online, there are some things you have to be careful of...

these are the most popular social media sites:

**AGE LIMITS:**  
age limits are there for a reason! They stop underage people from seeing inappropriate content. Don't ignore them!

most of these have age limits

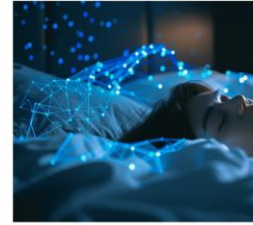
Warning: Some apps have filters. This is not cool!

Offline vs Online

This is something that you have when you are online. If you app your employer check your online footprint. It shows what you've done online!

When using social media be careful not to share personal information like your date of birth or phone number. be very careful!

1. STRETCH YOUR BODY
2. CAFFEINE AND SUGAR WILL KEEP YOU AWAKE
3. ALCOHOL DOESN'T HELP WITH SLEEP
4. EAT EARLIER FOR A GOOD NIGHT'S SLEEP
5. RELAX BEFORE GOING TO BED
6. MAKE SURE YOU'RE COMFORTABLE
7. WRITE IT DOWN
8. LIST THINGS THAT MAKE YOU FEEL GOOD
9. TURN OFF DEVICES
10. PICTURE YOURSELF IN YOUR FAVOURITE PLACE



Have a refreshing drink like milk or tea.  
Avoid having any heating in the room.  
No screens before bed.  
Listen to relaxing music or meditate.  
Try some breathing techniques.  
Minimise noise.  
Count **SLEEP!!!**

- ~Sensory: pop bubble wrap/ squishy toy/ touch textural object.
- ~Sound: listen to white noise/non stimulative sounds
- ~Taste: drink herbal tea/ taste something bitter like lemon/mint
- ~Mind: read poetry/simple fiction
- ~Relax: count imaginary items like sheep/ snoopy

**What to do if...**

YOU SEE SOMETHING UPSETTING OR INAPPROPRIATE: talk to a trusted adult. They will sort you out!

SOMEONE SENDS SOMETHING HURTFUL: stop talking to them and tell someone about it.

YOU SEE SOMETHING SCARY OR DISTURBING: don't watch it. Tell a trusted adult.

SOMEONE ASKS FOR PERSONAL INFORMATION: Don't tell them!!

What to do if... Something concerning pops up:

talk to an adult!

**ALL ABOUT ME**

Things I like to do: Dance, Art, Reading, Writing

Nationality: [Flags]

Favorite songs: Zebra Sign, [Other]

Birth: London, March 10, 2014

Favorite Book: Rebecca (By Jojo Moyes)

Favorite Song: Billie Eilish, Olivia Rodrigo

DRAMA: December 2013

Agony aunts & TV game so matter

Div club Trainers

LOVE: [Heart]

creative writing

WIND UP INTERESTING DRAMATICS

me personal favourite

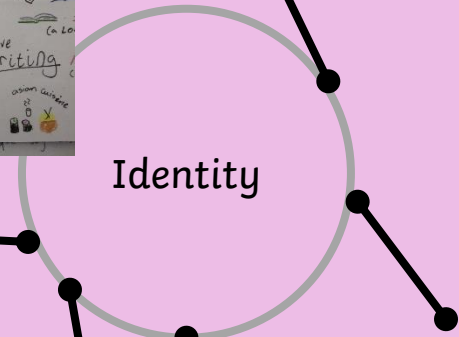
don't worry

seriously

soon coming

Self-reflection

Not about physical appearances



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

To learn about personal identity; what contributes to who we are (e.g. ethnicity, family, gender, faith, culture, hobbies, likes/dislikes) and recognise their individuality and personal qualities

We used what we had learnt to create leaflets and posters about being safer online as well as the positives and negatives of social media

To learn about the benefits of sun exposure and risks of overexposure; how to keep safe from sun damage and sun/heat stroke and reduce the risk of skin cancer



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.



# A-life

As part of PSHE week, Y6 took part in a workshop learning the impacts of illegal drugs, alcohol and smoking. It was interesting to debate whether or not smoking should be banned.



- To learnt about:
- the risks and effects of legal drugs common to everyday life (e.g. cigarettes, e-cigarettes/vaping, alcohol and medicines) and their impact on health; recognise that drug use can become a habit which can be difficult to break
  - to recognise that there are laws surrounding the use of legal drugs and that some drugs are illegal to own, use and give to others
  - about why people choose to use or not use drugs (including nicotine, alcohol and medicines);
  - about the mixed messages in the media about drugs, including alcohol and smoking/vaping
  - about the organisations that can support people concerning alcohol, tobacco and nicotine or other drug use; people they can talk to if they have concerns

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.

