



Carlisle & Hampton Hill Federation



Carlisle Infant School

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Head teacher: Mr A Went B.Ed (Hons)
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Dear parent/carer,

Re: PSHE Year 3- Healthy Me

As part of our PSHE (personal, social and health education) programme, we will be talking to the children about toxic and addictive substances with the aim to support them to be able to keep themselves safe.

Healthy Me Puzzle Map - Ages 7-8

Puzzle Outcome

Help me fit together the six pieces of learning about Healthy Me to create 'The Happy, Healthy Me Recipe Book'
 (Piece 4: Keeping safe)

Weekly Celebration	Pieces	PSHE learning intention	Social and emotional development learning intention
Have made a healthy choice	1. Being Fit and Healthy	I understand how exercise affects my body and know why my heart and lungs are such important organs	I can set myself a fitness challenge
Have eaten a healthy, balanced diet	2. Being Fit and Healthy	I know that the amount of calories, fat and sugar I put into my body will affect my health	I know what it feels like to make a healthy choice
Have been physically active	3. What Do I Know About Drugs?	I can tell you my knowledge and attitude towards drugs	I can identify how I feel towards drugs
Have tried to keep themselves and others safe	4. Being Safe Puzzle outcome: Keeping safe	I can identify things, people and places that I need to keep safe from, and can tell you some strategies for keeping myself safe including who to go to for help	I can express how being anxious or scared feels
Know how to be a good friend and enjoy healthy friendships	5. Safe or Unsafe	I can identify when something feels safe or unsafe	I can take responsibility for keeping myself and others safe
Know how to keep calm and deal with difficult situations	6. My Amazing Body Assessment Opportunity ★	I understand how complex my body is and how important it is to take care of it	I respect my body and appreciate what it does for me

We use the Jigsaw programme which uses a mindful approach to PSHE. Jigsaw has two aims for all children:

- To build their capacity for learning
- To equip them for life

More information can be found on their website: www.jigsawphse.com

Many thanks for your support
 The Year 3 team