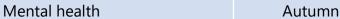




# **St White's Primary School – PSHE**







## What should I already know?

Year 5/6

- Children should understand that mental health is just as important as physical health.
- It's normal to experience a range of emotions and it's okay to talk about their feelings with trusted adults.
- Basic concepts like stress, happiness and coping strategies should be known along with the importance of positive relationships, play and balanced routines in maintaining mental well-being.
- Children should also be aware that seeking help is a sign of strength and that everyone sometimes needs support to feel their best.

### What is mental health and how can we take care of it?

- Explain that in the same way as everyone has physical health (which is about their body), everyone also has mental health - both children and adults - which is about their mind, their emotions and feelings.
- Physical and mental health are connected. Being fit and well physically helps us to be fit and well mentally and vice versa.
- NHS England Mental health is how we thing, feel and behave.
- Mental health can be up and down like a thermometer.

#### How can we manage our emotions?

- Keeping a diary of feelings; talking to family; talking to a teacher; joining a school-club to make some new friends; going for a walk in the new area; thinking positively about the future and remembering that this feeling will pass.
- Anyone's mental health can be affected at different times in their lives and times of change, challenge or difficult events do not always cause or lead to a mental health concern.
- www.childline.org.uk
- 08001111

## What is loss and bereavement?

- Grief is a natural response to change and loss, and can cause someone to experience a wide range of feelings, emotions, or physical reactions.
- Although grief is often experienced in response to a bereavement (the death of a family member/ friend/ loved one), it can occur in response to other losses too, for example: injury or illness (experienced by self or others); separation from home or family; changes to family arrangements.

	Technical vocabulary
Well-being	The state of being comfortable, happy and healthy.
Self-esteem	How much you value and feel good about yourself.
grief	A deep sadness caused by the loss of someone or something that is important to you.

### **Strap line**

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

### How can I look forward to secondary school?

- Hopes might include: making new friends, learning about new subjects, joining different clubs and after school activities, meeting new teachers, going on different school trips, new responsibilities.
- Challenges might include: getting lost around the new school building, not being in the same class as best friend/s, more homework, big lunch hall and choosing a meal, don't understand new subjects, wanting to join a club but don't know whom to go with, not knowing the rules and getting detention.
- To help you feel at ease you could...
- Talk to your parents; look at new school prospectus; look at the school website; talk to a sibling; visit the school or talk to a friend that goes to that school.





# St White's Primary School – PSHE









## What should I already know?

Year 5/6

- Children should know that a healthy balanced lifestyle involves eating nutritious foods, staying physically active, getting enough sleep and taking care of their mental health.
- They should understand the importance of variety in their diet, drinking plenty of water, and limiting sugary snacks.
- Regular exercise, such as playing outside, helps keep their bodies strong and healthy.
   Developing good habits early on helps them feel better and perform well in school and daily activities.

# **Healthy balanced diet.**

- · Energy in food is measured in calories.
- If we consume more calories than our body needs then our bodies store the extra as body fat.
- Unhealthy foods usually contain higher amounts of sugar or less health fat and should be eaten in moderation with a balanced diet.
- Some foods contain hidden sugar such as ketchup, yoghurt and drinks.
- Fruit and vegetables contain a good source of vitamins and minerals.
- · Carbohydrates help to give our bodies energy.
- Dairy is a good source of protein to help our body grow and repair.
- Fish, meat, eggs and beans are also protein which help our bodies stay healthy.

### Healthier eating choices and influences.

- People make choices over what to eat throughout the day: snack, lunch, breakfast club, in the shop, parties, dinner or going out for food.
- We are influenced by many things on what we eat including from our parents eating habits as we are children.
- TV can have a positive and negative effect on eating habits as it can show more healthy
  options and environmentally friendly options. It can also show more high calorie foods that
  look tasty.
- When making food choices you should consider: what is best for your body? Be confident in your choice for the healthier option.

## How to prepare a healthy meal.

- Balanced meal of vegetables, fish or alternatives, carbohydrates and some dairy.
- Food should be prepared at home to avoid processed food.
- Food is usually cheaper when prepared at home.

	Technical vocabulary
Healthy	Being in good physical and mental condition, free from illness or injury.
Balanced diet	Eating a variety of foods in the right proportions to get the nutrients your body needs to stay healthy and strong.
Vigorous	Strong, healthy, and full of energy; involving physical strength, effort, or energy.

#### **Strap line**

I am aware of personal, social and health needs whilst understanding how to be a good citizen in modern Britain.

## The importance of regular, physical activity.

#### Physical activity:

- Improves concertation
- Makes us feel more confident.
- Improves our social skills.
- Sleep better
- Strengthens our muscles and bones whilst developing coordination.
- Helps us maintain a healthy weight.
- Children 5 18 should do 1 hour of moderate to vigorous activity every day.
- Moderate to vigorous activity is when we breath faster and feel warmer.