Our ref: JPC /LH / MK

Your ref:

21 September 2017

Theme Day: Health & Wellbeing

Friday 29th September 2017

Dear Parents & Carers

Our PSHE curriculum this term is all about health and wellbeing and we have planned a theme day on **Friday** **29th September** in order for our children to be well-equipped with the skills needed to develop and maintain good health and wellbeing.



Children to pay **£1** to wear their **OWN CLOTHES**.

**Below is the theme for each class:**

|  |  |  |
| --- | --- | --- |
| **Year** | **AM**  **Physical health and wellbeing** | **PM**  **Mental Health** |
| EYFS | People who help us | Recognising feelings: Identifying feeling words |
| Y1 | Medicines and people who help us | Big feelings and expressions |
| Y2 | Personal hygiene and health | Recognising feeling words, big feelings and expressions. Hearing drawing and being |
| Y3 | Smoking | Recognising Feelings words: Facial bingo |
| Y4 | Alcohol | Body Feelings |
| Y5 | Legal and illegal drugs | Gauging our feelings. Developing positive coping strategies |
| Y6 | Preventing early use of alcohol and drugs | Body image and media (See Dove Website) |



We will also have **FACE PAINTING for 50p**

If you have any questions or wish to talk to your child’s teacher then please make an appointment at our Reception desk.