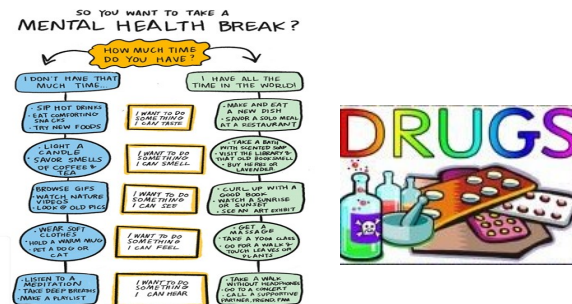


What should I already know?

Eating a balanced diet with a variety of foods helps bodies grow strong and stay healthy. Regular exercise, like playing sports or walking, keeps their heart and muscles strong. Good sleep is important too, as it helps concentration and feeling better during the day. Keeping clean by brushing teeth, showering, and washing hands helps stop the spread of germs. All feelings are okay, but it's important to manage them in healthy ways—like talking to someone they trust or using calming techniques. It's okay to ask for help when things feel difficult.

What am I going to learn?

- Learn the importance of maintaining a balanced lifestyle.
- Learn factors that can lead to someone experiencing ill mental health.
- Learn personal hygiene routines.
- Learn about drugs that are common in everyday life.
- Learn how to use medicines and household products safely.
- Learn about changes in the body that are linked to puberty, including menstruation and naming genitalia.



Getting enough sleep helps your body and brain work properly. Children aged 8–9 should aim for about 9–11 hours of sleep each night. Avoid screens (like tablets or TVs) for at least an hour before bed, and create a calm bedtime routine to help your body wind down. Eating a variety of foods helps you stay strong, full of energy, and focused. A healthy diet includes fruits, vegetables, whole grains, protein (like meat, beans, or eggs), and some dairy. Try to drink plenty of water and avoid too much sugar or junk food. Eating well and exercise every day helps your body grow and your brain work better.

## Looking after your teeth

**cut down  
on sugar**

**visit the  
dentist**

**eat  
healthily**

**brush your  
teeth**

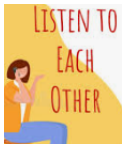
**use fluoride toothpaste**



Key Vocabulary	Definition
Habits	a settled or regular tendency or practice
Safety	the condition of being protected from or unlikely to cause danger, risk, or injury.
Medicines	a drug or other preparation for the treatment or prevention of disease.
Substance	using an illegal substance or misusing a legal substance.
Balanced lifestyle	achieving optimal health in all aspects of your life: relationships, work, fitness, health, and emotional happiness.
Oral hygiene	the practice of keeping your mouth clean and free from disease.
Dental care	the maintenance of healthy teeth.
Puberty	the period of physical and emotional changes that occur as a child transitions into adulthood, making them capable of reproduction.
Body Odour	what you smell when your sweat comes in contact with the bacteria on your skin.
Emotional changes	strong emotions that they've never experienced before.
Body changes	refers to the physical and emotional transformations that occur during puberty, a natural transition from childhood to adulthood.

## Class Rules

1. We always respect each other.
2. We are always polite.
3. We always listen to whoever is speaking.



## Safeguarding

Miss Evans is in charge of keeping me safe at Claregate.

Mrs. Fielding, Mr. Saunders and Mr. Murphy help her to do this.

If I feel worried about something in school, I can talk to Mrs Priest, Mrs Waseem, Miss Sandhu or Mrs Clarkson..

