

PSHE — Health and Wellbeing

Health and Wellbeing

At Claregate we understand and can explain how to keep ourselves and others happy and healthy.

Relationships

At Claregate we listen to and respect other people's beliefs.

Living In the Wider World

At Claregate we understand how the world works and how to look after it.

What should I already know?

What foods are healthy and unhealthy.

Fuelling Your Body

Your body is like a machine. It needs to have fuel to work properly, especially when you are being active. This means you need to fuel your body with energy. Energy for your body comes from food. Eating a healthy diet and drinking lots of water will fuel your body.



Exercise Is Good for My Muscles and my heart

Exercise is also very important for the rest of the muscles in your body. There are over 650 muscles in your body! With every exercise you do, each of your muscles get stronger.



We need a good night's sleep.



It is important to stay healthy.

Supporting Our Mental Health

Let's have a look at some ways we can support our own mental health.

We can:



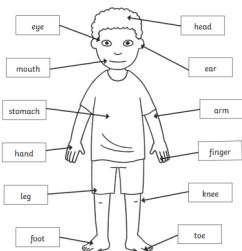
What am I going to learn?

What is a medicine?

A medicine is something you take if you aren't feeling well. Medicines can make us feel better. Medicines can be liquids in bottles, small things called tablets or creams and lotions.



Parts of our body



I should brush my teeth twice a day for two minutes.

What can I do when I feel...

I am in the blue area, I could...



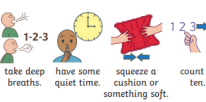
I am in the green area, I am...



I am in the yellow area, I could...



I am in the red area, I could...



Key Vocabulary	Definition
sleep	When the eyes are shut and the brain muscle relaxes
medicine	Something used to help people get better
healthy	In a good physical and mental state
hygiene	Keeping yourself and surroundings clean
self regulation	The ability to be able to understand and manage your behaviour and reactions
maturity	Being fully developed or an adult
exercise	An activity we do to help our bodies stay healthy
lifestyle	The way a person lives
offspring	A person or animals child or children
viruses	Something which can infect humans so they become poorly
bacteria	Cells that live in your body.
transition	Moving from one thing to another

Class Rules:

We listen to others



Respect others opinions



Ask questions to fully understand things



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 Binnall and Mrs Morgan*.