

# 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

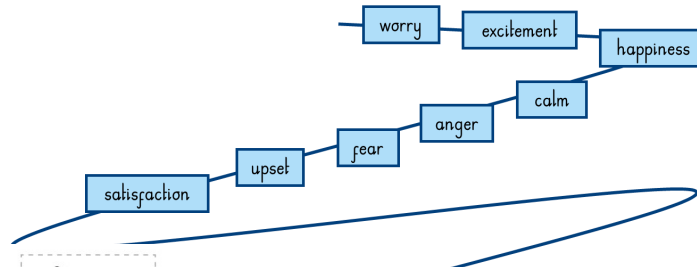
At Claregate we understand how the world works and how to look after it.

What should I already know?

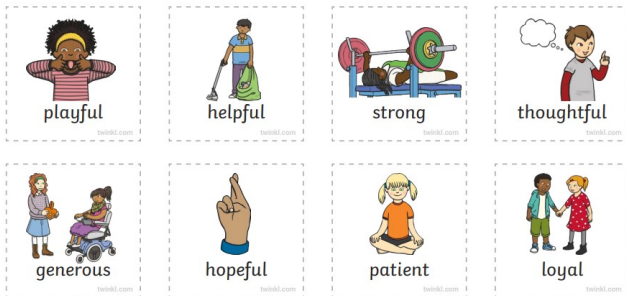


What am I going to learn?

There are many feelings and emotions we might experience and many things that can influence these.



We are all different and enjoy different things. These are our traits. They are not fixed, they can change and we can work on the traits we want to be our strengths.



Personal Hygiene is how we look after our bodies.

Keeping ourselves clean and tidy makes us feel

better about ourselves and also keeps us, and those around us, healthier!



## Key Vocabulary

## Definition

hygiene	Keeping your body and surroundings clean to stay healthy and prevent getting sick.
skills	An ability to do something well through practice or experience..
qualities	The things that make a person who they are.
strengths	Things that you are good at..
habits	Something you do over and over again without thinking.
illness	When you are not very well.
germs	Tiny living things that can make us unwell.
health	Being happy and well in your body and mind.

## Class Rules

1. Always listen to the person who is talking.
2. Be kind! Show respect and tolerance.
3. What is said in the room, stays in the room
4. Show your manners.

## 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 *Mr Bird, Mrs Coates and Mrs Hayward.*