

PSHE — Health and Well-being

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?

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?

Getting enough sleep helps your body and brain work properly. Children aged 9–10 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 every day helps your body grow and your brain work better.

When you're outside on sunny days, wear a hat, sunglasses, and light clothing that covers your skin. Always use sunscreen with SPF 30 or higher, even when it's cloudy. Try to stay in the shade during the hottest part of the day, usually between 11 a.m. and 3 p.m.

When we need help in an emergency situation, we need to call the emergency services.

- How to call from a landline phone: pick up the phone, dial 999.
- How to call from a locked iPhone (one that isn't yours and needs a passcode to be used) version 8 or later: Pick up the phone, Press and hold the side button and one of the volume buttons until the 'Emergency SOS' slider appears, Drag the 'Emergency SOS' slider to call the emergency services.
- How to call from a locked Android phone (one that isn't yours and needs a passcode to be used): Pick up the phone, Swipe the phone screen so it takes you to the 'lock screen'. An 'Emergency' or 'Emergency Call' button will appear at the bottom of the screen, Press this button and a dial pad will appear. Dial 999.

The role of a first aider is to keep yourself and the casualty safe, stop anyone getting any further injuries, quickly and safely treat any injuries, get help from the emergency services, if needed.

Everyone is unique and special in their own way. We all have different ways of thinking, feeling, and showing who we are. These differences are part of what make us individuals. Things like our interests, values, strengths, and how we treat others help shape our personal identity— which is what makes us us. It's important to respect and celebrate what makes each person different, because those differences make the world more interesting and fun.

Key Vocabulary

Definition

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.
Personal identity	a person's sense of self, encompassing their unique characteristics, beliefs, values, and experiences that distinguish them from others
vaccinations	Vaccination is a simple, safe, and effective way of protecting you against harmful diseases, before you come into contact with them
immunisations	the process whereby a person is made resistant to a disease, typically by the administration of a vaccine.
allergies	an abnormal reaction of the body's immune system to a substance that is typically harmless to most people.
emergency	
First aid	
illness	
casualty	

Class Rules

1. Keep conversations in the room.
2. Listen to the person speaking.
3. Respect one another.
4. No judgements



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 Miss MacPherson, Mr Batty, Mrs Dosanjh or Miss Haden.

- quickly and safely treat any injuries;
- get help from the emergency services, if needed.