



HALFPENNY LANE

J, I & N SCHOOL

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Dear Parents/Carers

As part of the compulsory KS1 and KS2 Personal, Social and Health and Economic (PSHE) curriculum, after half term we will be learning about health, hygiene and personal care. This is in line with the DFE guidance on Relationships and Sex and Health Education (RSE).

Pupils will be taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep and give pupils the understanding and language needed to recognise and report concerns about their own and other people's health. This half-term we have also celebrated Anti-bullying Week where we were reminded of the different types of bullying and how to report this.

Within the health aspect of PSHE/RSE they will learn that:

KS1

- A balanced diet consists of different food groups, such as protein, fruit and vegetables and carbohydrates.
- It is OK to eat all foods but some of these need to be in moderation.
- An unhealthy diet can lead to sickness and lack of energy.
- If you do not exercise, this can cause weight-gain, depression and other issues.
- Bullying is the repetitive, intentional hurting of someone.
- Our school has a zero-tolerance approach to bullying. This means it is not tolerated in anyway.

LKS2

- Too much sugar can lead to tooth decay and weight-gain which increases the risk of health problems such as diabetes.
- Too much fat can lead to obesity, high blood pressure, heart problems and risk of diabetes.
- A balanced diet consists of different food groups, such as protein, fruit and vegetables, dairy and carbohydrates.
- It is OK to eat all foods but some of these, such as dairy and oils, need to be in moderation.
- Bullying is the repetitive, intentional hurting of someone. It can happen face to face or online.
- Our school has a zero-tolerance approach to bullying. This means it is not tolerated in anyway.

UKS2

- Too much sugar can lead to tooth decay and weight-gain which increases the risk of health problems such a diabetes and heart disease.
- Too much fat can lead to obesity, high blood pressure, heart problems and risk of diabetes.
- Too much salt can lead to high blood pressure, heart disease and stroke.
- A balanced diet consists of different food groups, such as protein, fruit and vegetables, dairy and carbohydrates.
- It is OK to eat all foods but some of these, such as dairy and oils, need to be in moderation.
- If you do not exercise, this can cause weight-gain, depression and other issues.

We will also have a Insight Afternoon that focuses on '**Exploitation and the Law**'. During this, children will learn about the laws of the UK and how they protect us. They will then learn, at an age appropriate level, about stranger danger and criminal exploitation. UKS2 will also touch on sexual exploitation and keeping themselves safe from this. We know that a lot of what children learn comes from in the home so please take the time this half-term to discuss and make healthy choices with your child. It would also be beneficial for families to discuss what to do if a stranger

asks them for a favour or offers them something suspicious. As always, if we can support you further in any way, please speak to your child's class teacher or your school's PSHE lead.

Sincerely,

Mrs Greatorex