

## **RSE Focus of the Term – Spring 2 - HEALTH**

**In RSE this half term, we are learning about:**

**toileting, washing, eating, exercise, teeth cleaning, mental health, illness/hurt (and sexual health in 6<sup>th</sup> form classes)**

**An example of some of the things that may be covered in pupils' lessons (depending on age and stage) are:**

- Experience different activities and stimuli that may make pupils feel calm and relaxed.
- Develop ways to help manage situations that are stressful i.e. fiddlers, breathing, safe/quiet space, music, talking to a safe adult
- Learn about the emergency services through role play, small world and visiting professionals
- Learn about different common illnesses, their symptoms, treatments and prevention
- Learn about medicines, why we need them and how to take them safely
- Learn about alcohol, smoking and illegal drugs, their effects, the consequences both physically and socially, the law, and making informed choices
- In Sixth Form some pupils will learn about contraception, how it works, why we use it, and the benefits and risks
- Experience and respond to activities which help pupils to accept and enjoy washing i.e. hand washing songs, water and bubble play, face washing with soap, face wash, flannels etc
- Participate in teeth cleaning routines
- Choose food items to make a healthy meal/understand a balanced diet

### **Helpful websites:**

Primary handwashing song [The Hand Washing Song | Staying Clean And Healthy | Noodle & Pals](#)

Secondary/Sixth Form handwashing rap [Hand Wash Rap - YouTube](#)

Tooth brushing song [Bing Videos](#)

Better Health NHS website [Healthier Families - Home - NHS](#) This site includes ideas for healthy lunchboxes and snack swaps, exercise ideas and well-being suggestions.

Attached to this letter are some packed lunch meal ideas and a planner to help you provide a healthy varied diet for your child.

We have also emailed you our Healthy Schools Policy. Please take time to read through this document and refresh yourself with our school standards.

Here are some of the resources that may be used in your child's class. Please get in touch with Liz Jenkin or your class teacher if you would like to know more about your child's specific class or would like a copy of some resources for use at home.

