

PSHE/RSE

Year 5

Health and Wellbeing

PSHE/RSE Factsheet for Parents

In terms of physical health and wellbeing, children will explore what healthy sleep habits look like; sun safety and what this looks like as we grow older in terms of sun stroke and heat exposure; how medicines can contribute to health as well as vaccinations, immunisations and allergies. Within growing and changing, children will identify their personal identity and that things that contribute to it; will begin to recognise individuality and different qualities; and identify ways to boost their mental wellbeing. Throughout the keeping safe topic, children will understand how to keep safe in different situations, including where to take responsibility for their own actions and the consequences and explore how to respond in emergencies, including first aid. Children will also receive a visit from the school nurses to discuss puberty during the summer term.

Resources for parents:

Effects on the body during sleep:

<https://video.link/w/sQ5H>

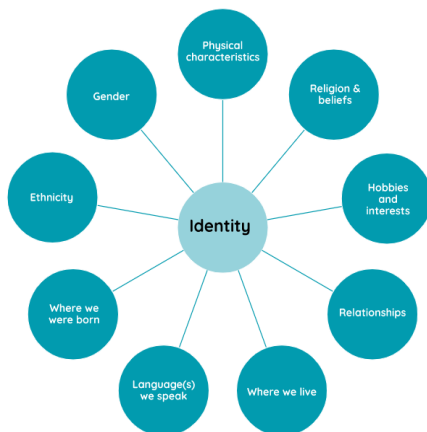
Microorganism sizes



Dove advert to understand images

: <https://video.link/w/bt+n+b>

Factors that make our identity:



Scenarios linked with sun safety:



Scenario 1

Amelia and Becca are playing football in the park during the school summer holidays. It's a sunny day and at about 10am they realise they put sunscreen on first thing but haven't bought any to put on later. They are annoyed because they have drinks and lunch with them and they are enjoying the game.

- What are the risks if they don't put more sunscreen on?
- What can they do?
- How could they do to stop this happening again in the future?



Scenario 2

Chad has very fair hair and always wears a hat during the summer. Some slightly older children have started to pick on him and say he looks silly.

- What are the risks of not wearing a hat?
- What can Chad do?
- Who could help if he needs it?



Scenario 3

Antonia and Eloise have been friends for years. Eloise's mum has hired a sunbed to get a tan before her holiday. Antonia and Eloise are alone in the house for half an hour and Eloise suggests they have a go on the sunbed. Antonia doesn't want to as she knows it is bad for her.

- What are the risks of using the sunbed?
- What can Antonia say to Eloise?

Five steps to mental health

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-health/>

Questions your child may ask

- Is my physical and mental health as good as it could be?
- Have I had all of my vaccinations? When did I have them?
- How do I identify? What makes me me?
- How can I boost my wellbeing when I am at home?
- Do I take enough responsibility for my actions?