

BLACKROD PRIMARY SCHOOL

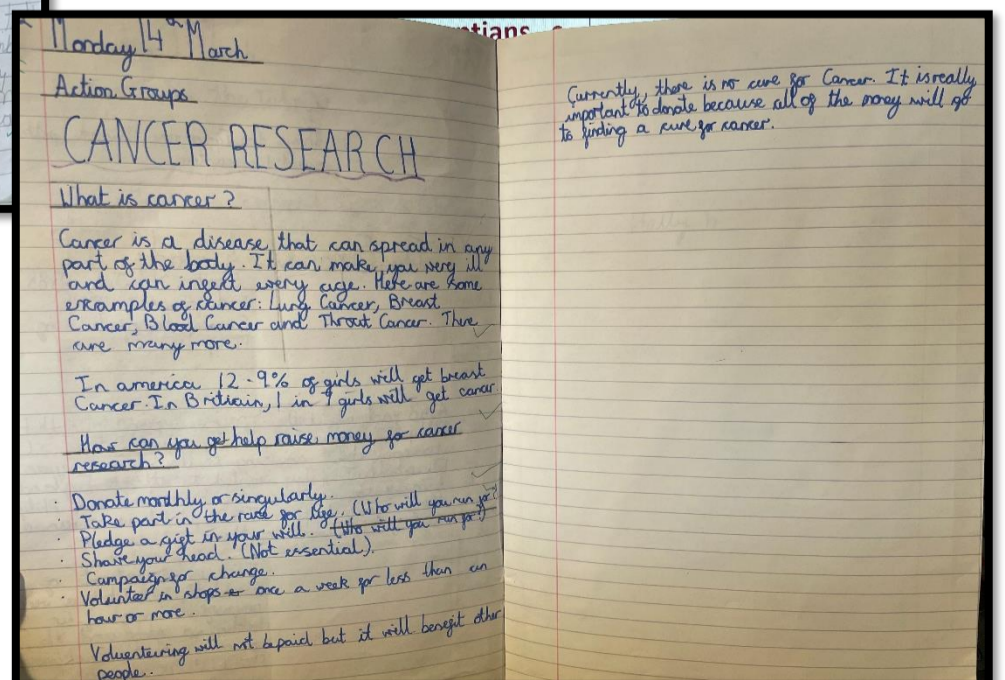
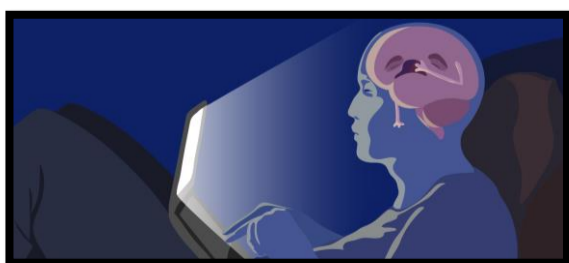
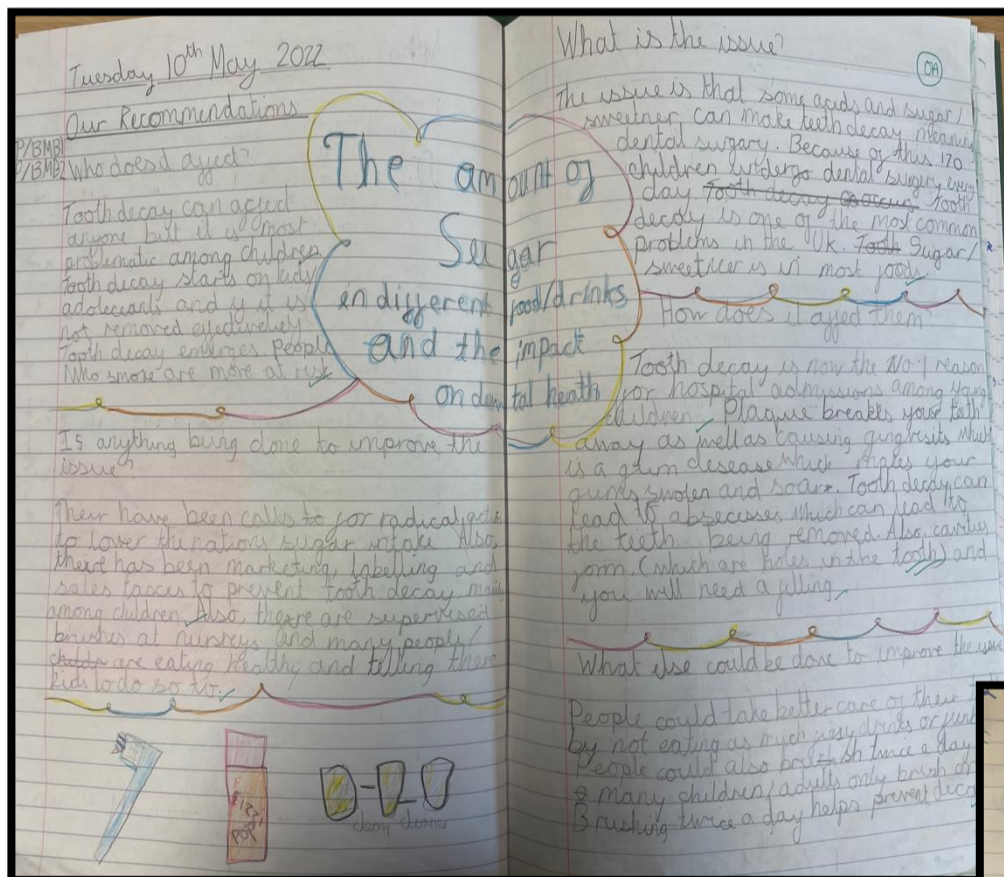
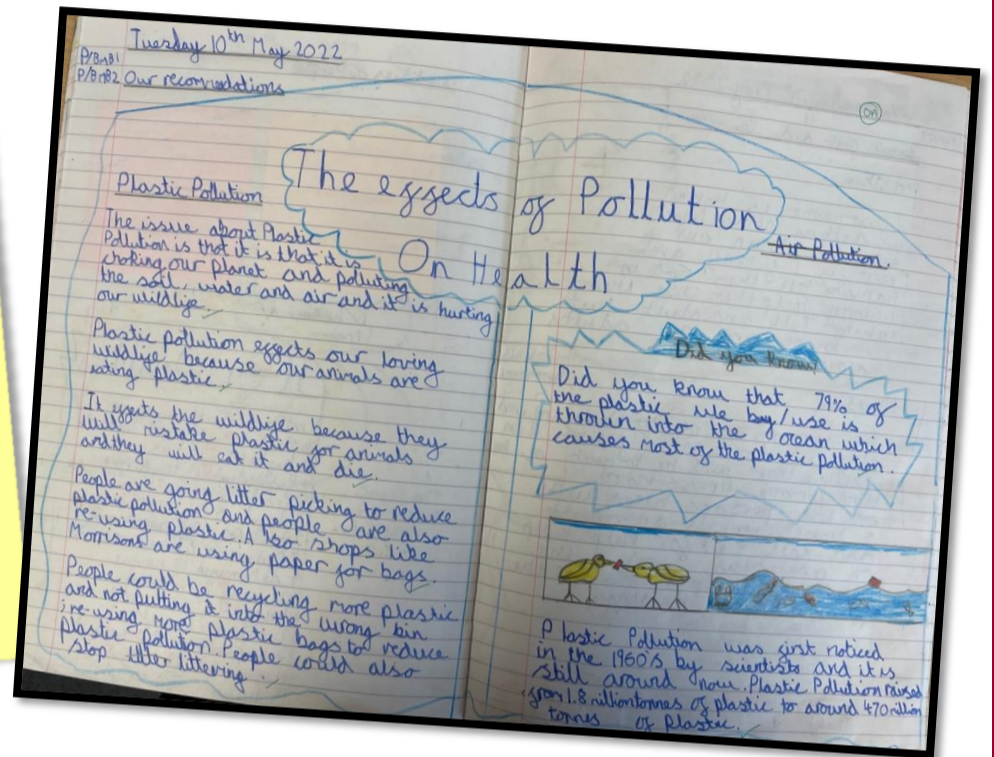
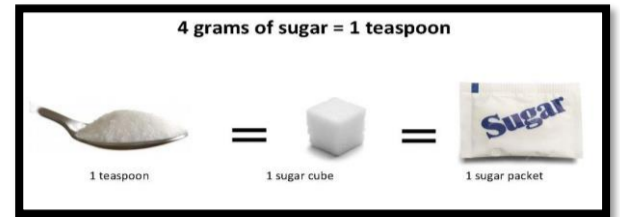
Project Reflection – Summer 1

PSHE – Being My Best

Our Recommendations

We looked at topical issues which are currently affecting young people's health and wellbeing. We wanted to find out more so we researched the following:

- The effects of modern technology on sleep quality
- The amount of sugar in different food / drinks and the impact on dental health
- High energy drinks, their ingredients and the effects and risks of their use by young people
- The effects of pollution on health



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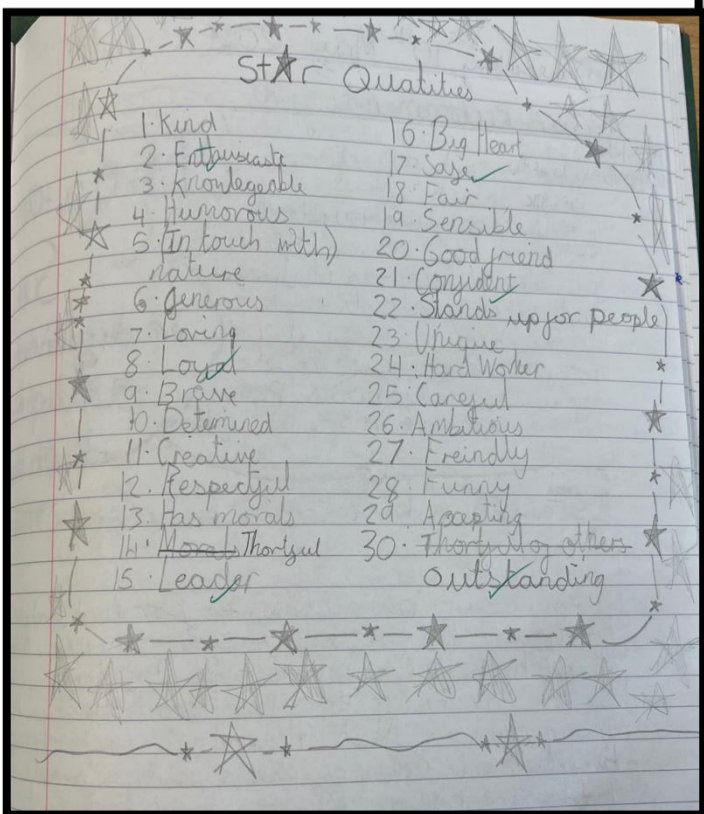
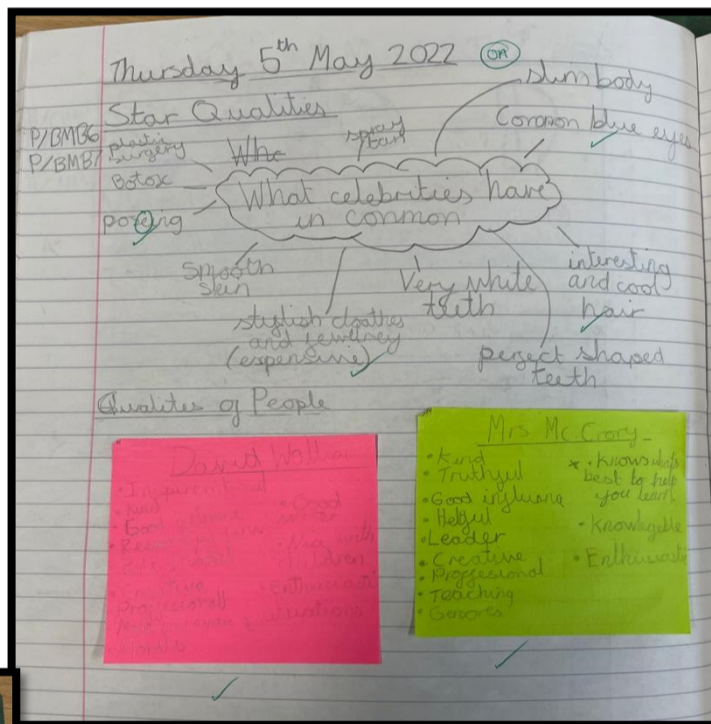
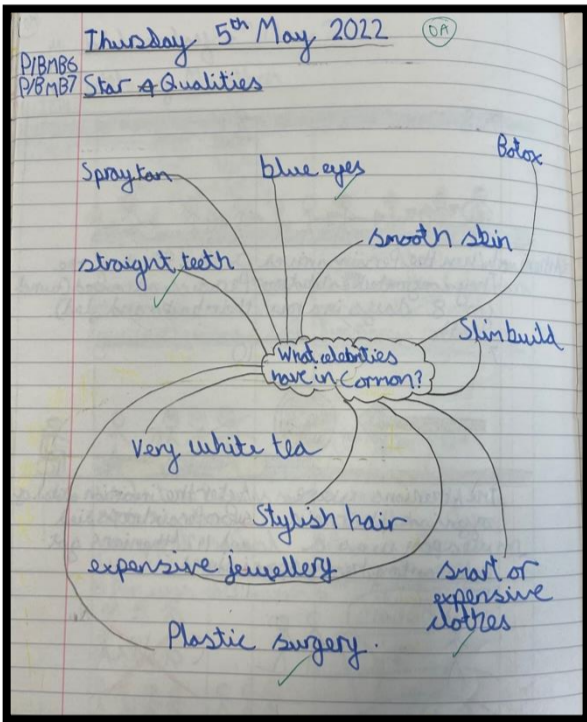


Star Qualities

We started our session with 'What do we mean by the media?'. We thought about ways we can be influenced by social media and how the media doesn't always reflect real life.

We looked at a range of celebrities and found that they had lots in common such as smooth skin, straight teeth, very white teeth, stylish hair, blue eyes (often), slim build, smart or expensive-looking clothes and expensive-looking jewellery.

As well as physical qualities we mentioned that there are lots of personal qualities that people have. We then chose a celebrity and a member of staff and wrote their qualities down.



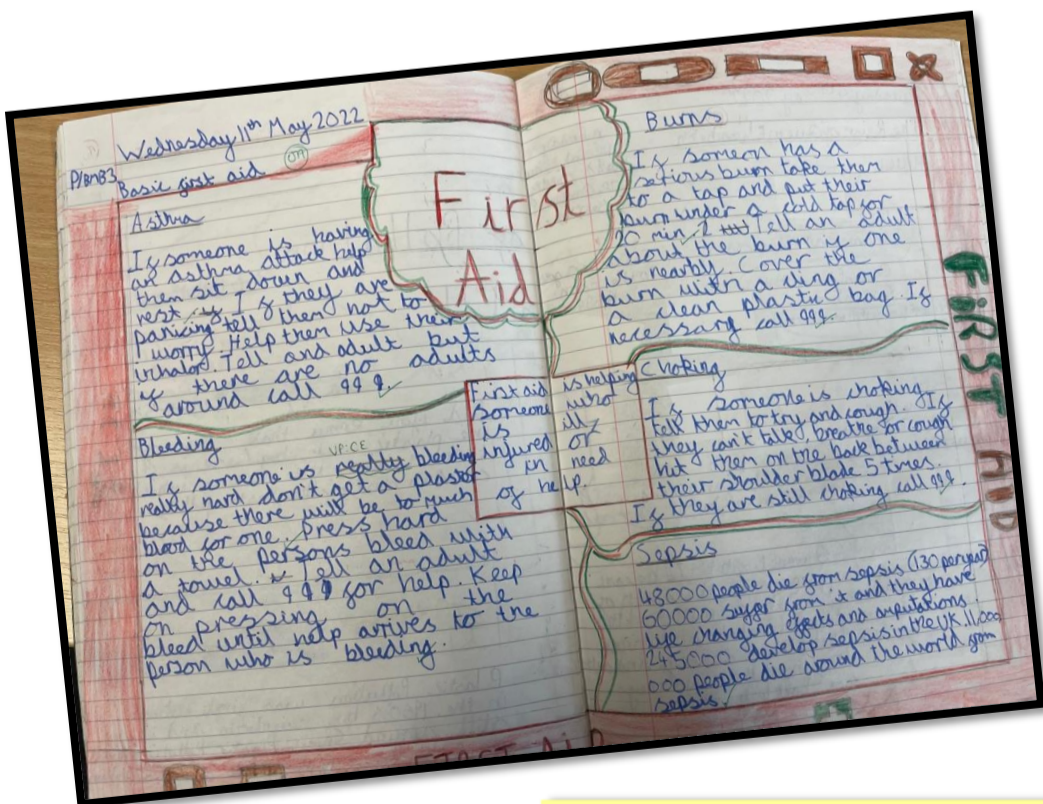
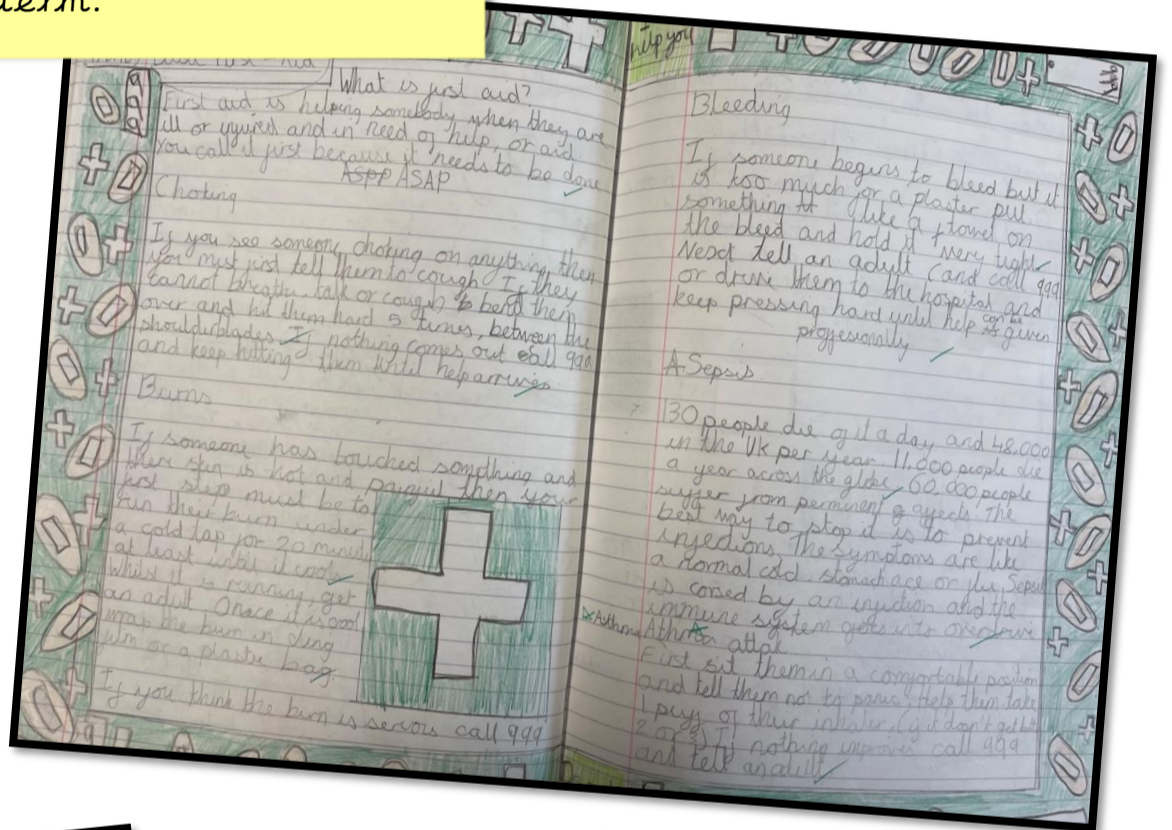
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Mini First Aid

We had an introduction to first aid and looked at

1. Why is first aid important
2. Giving first aid
3. Asthma attack
4. Bleeding
5. Burns

We are looking forward to our First Aid training session next half term.



Key Vocabulary

- first aid
- health
- wellbeing
- issues
- topical
- social media
- qualities
- characteristics

Home Learning:

<https://firstaidchampions.redcross.org.uk/primary/first-aid-skills/>

<https://sepsistrust.org/savvy/get-savvy-video/>