

## Statements to live by:

1) I try to stand up for myself and others without hurting others.	4) I think before I make choices that affect my health.
2) I try to be just and fair.	5) I can work, play, rest and pray each day.
3) I can tell you how I look after myself.	6) Simple things can make us happy



## A Journey in LOVE

A developmental programme for children in the primary years



### PSHE

### Keeping and Staying Healthy

Brushing Teeth & Eating Healthy - Understand how and why to brush your teeth Know the differences between healthy and unhealthy choices. Foods for health and growth. Healthy and unhealthy food choice

End of KS1 Expectations	Safeguarding
<p><b>Healthy Eating (H)</b> The characteristics of a poor diet and risks associated with unhealthy eating (including, for ex- ample, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).</p> <p><b>Health and Prevention (H)</b> About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist.</p>	Health (including mental health) and First Aid

### RSE

### Social

Is belonging to a community important? What do we receive from the community we belong to? What do we give to the community we belong to?

Empathy  
Teamwork

COMMANDO JOES:

