



# Friezland Primary School

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**Headteacher:** Miss R Swaby B.Ed (Hons) PGCE

**22.01.18**

## Healthy Me!

Dear Parents,

During the week beginning the 5<sup>th</sup> February, we will be holding a themed 'Healthy Me!' week. During this week, assemblies and class learning will focus on a range of important issues aimed at promoting pupil wellbeing and safety in a range of contexts. The topics will be covered in a sensitive and age appropriate way, taking into consideration any individual pupil need and will include: Drugs, Alcohol & Tobacco (DAAT), e-safety and the PANTS project (NSPCC).

The DAAT learning will continue across the spring term as part of Science and PSHE lessons. In classes 1 and 2, lessons will focus on: the role of drugs as medicines and associated risks and in classes 3 and 4: the effects on the human body of tobacco, alcohol and other drugs and how these relate to their personal health and the skills needed to recognise and manage risk. In order to ensure that you are better informed, the DAAT coverage for each class is attached.

If you have any questions regarding the content of the coverage, please speak to your child's Class Teacher in the first instance.

Kind regards  
Miss R Swaby.

