Year 5: Healthy Me

Subject Specific Vocabulary

Recovery position	**If a person is unconscious but is breathing and has no other life-threatening conditions**, they should be placed in the recovery position
unconscious	not awake or responding
body image	how we think and feel about ourselves physically, and how we believe others see us.
media	TV, radio, magazines and newspaper are ways the media communicate
Social media	Electronic communication eg. websites

Questions for family learning

- What emergency procedures have you learnt?
- How do you contact the police / ambulance service / fire department?
- Why do some people have eating problems?
- What can you do if a group of children are trying to convince you to do something you don't want to do or know you shouldn't do?
- Are there ways we could be healthier?



If you are worried about anything please speak to someone. You can speak to:

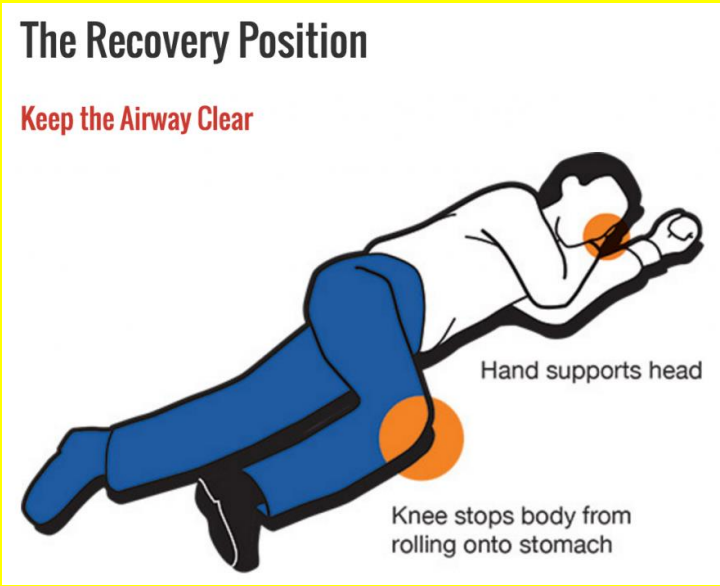


- Someone at home
- Your teacher at school
- Mrs Macartney our safeguarding teacher
- Put a note in one of the worry boxes in school
- If you don't feel you can speak to anyone here you can also phone Childline on 0800 1111

Sticky Knowledge

To know that smoking tobacco affects the lungs, liver and heart

Know how to put my friend in the recovery position



Know that the media, social media and celebrity culture promotes certain body types