



Week beginning 8th February 21

This term in PSHE we are thinking about keeping ourselves safe. We will continue to follow the SCARF planning but you will find that the lessons and activities will be a bit shorter than if we were in school. As you know a lot of our lessons involve group discussions which is obviously difficult at the moment. The activities I ask you to complete each week can be done alone but you will find they are more interesting and worthwhile if you discuss and share them with the adults around you.

This week I would like you to complete **Activity 4** in the SCARF At Home planning. (Don't worry that we haven't yet looked at activity 3 as we will come back to that another time.) It is all about keeping ourselves safe on-line. On Tuesday it is Internet Safety Day so you may like to complete the work then. However there is a lot to look at in this activity (including a few games to play) so to reduce your screen time you may wish to spread the work through the week and look at a little bit each day. Here is the link to the activity:

<http://www.coramlifeeducation.org.uk/scarf/home-learning-unit-3-Keeping-Myself-Safe-activities-during-self-isolation>

As there is a lot to look at I'm not going to ask you to do any extra PSHE activities this week. However it might be interesting to speak to the adults around you and find out what they are doing to ensure you are safe on-line and when you are using computers or gaming equipment at home.

Once you have finished your home learning make sure you do something away from screens 'just for fun' too!