

# Year 4: PSHE

Making decisions about money and keeping money safe; oral hygiene; transition.

## Making Decisions about Money

How can I pay?



There are different ways in which to pay for things: cash, cheque, debit card, contactless card, bank transfer or credit card.

Whichever way people choose to buy things, it is very important to keep track of how much money is being spent. If someone spends too much it can lead to **debt**. People need to 'live within their means'. This means that they should only spend what they can afford.

### Remember - Wants and Needs

**Need** - A need is something that is essential in order to live. It is necessary for survival. **Needs are our rights!**

**Want** - A want is something that you would like to have but you could live without it.

**When spending, needs should come first!**

## Transition

Soon you will be moving to Year 5. This is an exciting time but could make you have a range of emotions. You will be well prepared by your teacher, so try not to worry.

Something to think about:



Have you ever thought about the fact that we get to choose our attitude?

What goals will you set yourself?



Respect your right to be the best that you can be!

## How to manage BIG feelings

Sometimes we have BIG feelings which are hard to cope with on our own.

There are people who can help:

- parents and grandparents;
- any adult in class and in school;
- Marnie in Place2Talk;
- Miss Stainsby;
- Childline 0800 1111.



## Oral Hygiene

We need to look after our teeth, just like we look after the rest of our body.

It is really important to brush your teeth at least twice a day.



Brushing your teeth gets rid of any food that is around your teeth.

It washes away any sugar and other things that can hurt your teeth.



You should brush your teeth for 2 minutes. Brush the front and back of all of your teeth including your gums. When you have finished, brush your tongue!

Remember to floss between your teeth too as bacteria can gather here.

Having lots of sugar isn't good for teeth. It can cause tooth decay or cavities.



You should visit the dentist once every 6 months so that they can check the health of your teeth and gums.

Eat a healthy diet with lots of vegetables and drink milk to keep teeth healthy.

## Vocabulary

budget	Looking at the amount you have to spend and working out what you can actually spend.
charity	Aid given to those in need.
debt	When you owe someone money that has to be paid back.
floss	A soft thread that cleans between teeth.
hygiene	To keep clean.
oral	Something relating to the mouth.
single-use plastic	Plastics that are used once and thrown away.

### Caring for Others and the Environment

People can spend money giving charitable donations. This can help other people to access their rights.

Remember to try to help the environment by avoiding buying single-use plastics or goods with lots of packaging!



CRC Article 19: All children have the right to be safe.

CRC Article 24: All children have the right to be healthy.

