



Parents information sheet Week 5

This week in our E.M.U.S lesson, we have been learning about medicines, smoking, alcohol and addictive drugs.

Medicines

The children have been learning about drugs and that there are some drugs (which we usually call medicines) that people need to help them recover if they become ill (e.g. Calpol, antibiotics); prevent them from becoming ill (e.g. vaccines, sun cream, mosquito spray) and some medicines that help people stay healthy and may need to be taken every day or over a long period of time (insulin, eczema creams...)

We have been learning that we should only take medicines from trusted adults (doctors, nurses, paramedics, our parents/carers, dentist or staff at school who have permission).

We have been learning that pills and tablets can sometimes look like sweets and we should never eat anything we haven't been given by one of our trusted adults. We have also been learning that we should not take medicine that has been prescribed for somebody else.

Smoking

We have been learning about the harmful effects of smoking including damage to the lungs, blood pressure problems, heart disease, breathing difficulties, bad smell, yellow teeth and danger to others through passive smoking.

It is important that the children are taught the harmful effects of smoking but the lesson is sensitive to the fact that some children will have close family members who smoke. The children are taught that some of these are **possible, not necessarily certain** effects.

We talked about how many people who smoke would like to stop and we looked at some of the ways that this could happen.

Alcohol

We have been learning about alcoholic drinks and the effects they can have on the body. We also talked about the addictive properties of drink and the possible consequences of drinking too much and too often.

Again, this topic is taught factually but sensitively with the age of the children in mind.

Addictive illegal drugs

Following up on our lesson about what the children should do if they were to find a discarded syringe, we touched on the fact that some people take drugs that are not legal and about the addictive properties of some of these. We talked about some of the possible short and long-term effects. This was a light touch approach. Most children are introduced to this topic in more detail in KS2.

Please help at home:

1. Ask your child to tell you about what they have learned today using the information above to prompt them if necessary.
2. If relevant, please have a conversation with your child about any close family members who may smoke or drink heavily. It is important that children are aware of the risks involved in smoking and heavy drinking but that they don't become anxious or traumatised about loved ones.
3. Help your child to complete the homework task.
4. Please make any comments on the back of the sheet with any feedback you would like me to have.

Thank you for your continued support with keeping our young children safe.

Mrs Butkevicius