



Personal, social, health and economic education (PSHE)



Summer newsletter

Learning in PSHE this term is based around **Health and Wellbeing**. Across school, the children will be learning and thinking about ways in which they can help their physical and mental health, how they grow and change and how they can keep safe in and out of the home.

Year Group	Physical health and Mental wellbeing	Growing and changing	Keeping safe
1	Keeping healthy; food and exercise, hygiene routines; sun safety	Recognising what makes them unique and special; feelings; managing when things go wrong	How rules and age restrictions help us; keeping safe online
2	Why sleep is important; medicines and keeping healthy; keeping teeth healthy; managing feelings and asking for help	Growing older; naming body parts; moving class or year	Safety in different environments; risk and safety at home; emergencies
3	Health choices and habits; what affects feelings; expressing feelings	Personal strengths and achievements; managing and reframing setbacks	Risks and hazards; safety in the local environment and unfamiliar places
4	Maintaining a balanced lifestyle; oral hygiene and dental care	Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty	Medicines and household products; drugs common to everyday life
5	Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies	Personal identity; recognising individuality and different qualities; mental wellbeing	Keeping safe in different situations, including responding in emergencies and first aid
6	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online	Human reproduction and birth; increasing independence; managing transition	Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media



Our objectives for each year group are taken from the PSHE association, which is the national body for PSHE. An overview of this learning for each Year group can be seen in the table.

Class teachers are using the PSHE association resources and materials that are advised by this organisation. More information about what is taught and why can be found here <https://pshe-association.org.uk/guidance/ks1-5/pshe-education-what-it-covers-and-why-it-works?hsCtaTracking=ce4766e4-0dad-4d75-8450-ddc929307969%7C3e973b03-e4d4-4841-b552-e4f90aa377d2>

Over this term, as part of the growing and changing theme, children in Year 4 and 5 will learn more about puberty, with children in Year 6 recapping this learning before finding out about the process of reproduction and how babies are conceived.

As always, all teaching will take place in a safe learning environment so that the children can ask questions if they need to.



The children will also take part in World Wellbeing Week from June 23rd. The school council are busy planning activities for that week that everyone can take part in.

If you have any questions about PSHE please speak to your child's class teacher or Mrs Garner who is the PSHE coordinator for school either by calling school or emailing admin@westmorland.stockport.sch.uk