September 2026

Dear Parent and Carers, **PSHE**

Years 1- 6

As we start the new half term, we would like to inform you that we will be teaching the 'Health and well-being theme of our PSHE curriculum this half term. The theme will focus on Physical Health. This theme will be taught during this half term. We will be teaching the following topics:

Year groups	Topics
Year 1	**Keeping safe & Healthy** Identify and carry out various actions that they can take to keep themselves in better long-term health, identify where they feel safe and less safe and to be familiar with the emergency services. **First aid**: How to identify a head injury.
Year 2	**Keeping myself healthy** How exercise helps them to keep healthy, the food choices can help keep them be healthy, how to keep themselves clean, how to prevent the transfer of infections at a basic level. **First aid:** How to call the emergency services in an emergency.
Year 3	**Safe and healthy at home, school and locally**. Explain to others how they can keep themselves healthy; at school; at home; and in the locality. To understand what neglect is and how to feel safe at home and at school. **First aid:** How to call for help in an emergency.
Year 4	**Helping others to keep safe** Understand the need to maintain a healthy lifestyle to keep themselves safe. To recognise risks associated with knife crime/ gangs. **First aid:** To understand how to call for help and what to do if someone has a head injury.
Year 5	**Drug Education** Know that some substances can alter how people behave and how their body works, know what effect alcohol has on their brain and other parts of their body, importance of good. Know the impact of legal and illegal drugs as well as vaping. **First aid:** How to get help in an emergency situation.
Year 6	**Keeping healthy as we grow** Feel confident in their knowledge of how they can keep themselves safe and healthy as they move on to secondary schools and adulthood including risks involved with drugs, gangs and exploitation. **First aid:** To know how to get help for someone who is having an asthma attack.

You may wish to discuss these topics with your child either before or after these sessions.

Parent withdrawal

Please note that these sessions are a part of the statutory guidance, therefore parents do not have the right to withdraw their child/ren from these sessions as outlined in our PSHE policy.

Yours sincerely.

Mrs R Yasmeen
Chief Executive Officer

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