November 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 'Growing up' theme of our PSHE curriculum this half term. The theme will focus on social relationships. This theme will be taught during this half term. We will be teaching the following topics:

Year groups	Topics
Year 1	**Beginning to understand me and others** Know the qualities that make a good friend, begin to understand the ways that they are unique, begin to understand that others may be different from them, explore the ideas of "fairness, right and kind". **First aid:** How to call for help when someone is choking.
Year 2	**Others and me in my class** identify groups to which they belong, how to be a good friend and how to show respect in a relationship **First aid:** How to help someone who has a minor head injury.
Year 3	**Supporting friends and other people** Recognise the feelings of others without being told explicitly, know who their friends are and why, act supportively towards victims of bullying, take action when should they witness bullying. To understand gender stereotypes. **First aid:** How to call for help when someone is choking.
Year 4	**How to treat each other with respect** Understand the various types of relationships in their lives (including marriage) , how we can be respectful to each other online and offline and how to recognise stereotypes. **First aid:** How to help someone who is having difficulty breathing (Asthma/ allergies).
Year 5	**Communicating safely** Be clear about the difference between confidential and secret, understand how to be a good friend and how to act responsibly towards each other. **First aid:** How to help someone who has a head injury.
Year 6	**How relationships change and grow** Understand different types of relationships, how to manage change and have respectful relationships both offline and online. **First aid:** How to call for help in an emergency.

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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