



**Redwood Drive
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Wednesday 17th April

Dear Parent or Carer,

For PSHE in the Summer term we are going to be covering the topics:

*Being my Best
Growing and Changing*

As part of your child's weekly lessons, they will explore these topics in more detail. The lessons will cover a variety of learning:

- understanding the importance of resilience
- exploring what positive relationships are and who can support them
- understand the importance of a healthy mind and body, including sleep
- understand the life cycle of animals, and make links to themselves growing up
- explore the importance of basic first aid

By providing you with this information, it will allow you to support your child to discuss these topics at home as well. For further information, please see our PSHE page on our school website, which includes our RSE policy. If you have any questions in relation to the term's learning, please speak to your class teacher.

Yours Sincerely

Jennifer Wood (PSHE Lead)