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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:

Year 1	Year 2
<ul style="list-style-type: none"><li>- understand the importance of a healthy diet</li><li>- understand the importance of hygiene</li><li>- understand how their body helps them</li><li>- explore behaviour choices and how to overcome conflicts</li><li>- explore how they have grown up and what they can do, which they couldn't do before linked to how babies are cared for</li><li>- understand the importance of privacy, including keeping privates private.</li><li>- basic first aid linked to how to deal with cuts</li></ul>	<ul style="list-style-type: none"><li>- understand the importance of a positive attitude</li><li>- understand the importance of a healthy lifestyle, including hygiene and taking care of teeth</li><li>- understand how their body helps them</li><li>- explore the importance of positive relationships, including dealing with loss</li><li>- explore the difference stages of growth</li><li>- understand the importance of privacy and keeping private parts private, including naming private parts</li><li>- basic first aid linked to broken bones</li></ul>

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)

