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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 3	Year 4
<ul style="list-style-type: none">- understanding the importance of a healthy diet and personal hygiene- understand how to respect others even when conflict may occur- explore growing up and future careers- understand the importance of respectful relationships- understand the importance of privacy, including privates being private- Basic first aid, with a focus on burns	<ul style="list-style-type: none">- understand the importance of a healthy body and healthy mind- understand the importance of respecting others in the community and the importance of self-respect-- explore they ways in which we are responsible for our actions- explore changes in our lives that may happen- understand as we grow up, our emotions change and how to deal with this- understand how families are all different- basic first aid, with the focus on choking

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)

