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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 5	Year 6
<ul style="list-style-type: none">- understand the importance of a healthy lifestyle- explore the importance of their own strengths and talents, linked to careers- understand the importance of growing up and who is there to support them- understand the importance of privacy- explore what puberty is, including how their feelings will change and how their bodies will change- Basic First Aid, which focuses on asthma attacks	<ul style="list-style-type: none">- understand the importance of a healthy body and healthy mind- explore aspirational goals they may have and how to deal with setbacks linked to careers- understand the concept of risks within situations and explore strategies to overcome these, including online risks- understand how to respect yourself and others- explore what puberty is, including how their feelings will change and how their bodies will change- Basic first aid, which focuses on head injuries and situations where someone is unresponsive

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)

