

Tuesday 9<sup>th</sup> December

Dear Year Two Parents and Carers,

## Personal, Social and Health Education for the Spring Term

In the next term, children will be continuing with their PSHE lessons in school. We will be learning about 'Keeping Safe' and 'Rights and Respect'.

One lesson includes sensitive but not optional content. This means that we want you as parents to be aware of the lesson content but because it forms part of our statutory health and relationships education there is no parental right to withdraw children from the lesson.

Below is a summary of the lessons that children will be covering.

### Harold's Picnic

In this lesson, children will explore how medicine can help us if we are feeling unwell. They will discuss the importance of only taking medicine when it is needed and learn that medicine can be dangerous so only a grown-up should decide if you need medicine.

### I don't like that!



In this lesson, children will learn that touch is an important way that close family members show they care for example, a parent might give their child a cuddle if they are upset or hold hands while you cross the road. Children will learn about consent in simple terms – that sometimes touch can feel uncomfortable. Children will learn how to say no to unwanted touch and will consider safe adults that they could talk to if they are worried.

This lesson is marked as sensitive content because there is reference back to the NSPCC PANTS rule taught in Y1.

### Basic First Aid

In this lesson, children will use the British Red Cross First Aid Champions resources to explore why first aid is important and to learn some basic first aid.

### Getting on with others

In this lesson, children will think about what they need the school environment to be like so that they can do their best. They will identify that they have a shared responsibility to help the classroom be a good learning space and will consider some actions they can personally do to achieve this.

### Feeling Safe

In this lesson, children will talk about places where they feel safe. They will explore how feeling unsafe might feel physically. Children will consider what they would do in different situations **and will develop a 'script' for getting help** in an emergency.

### Harold saves for something special

In this lesson, children will learn about money; what it is, where it comes from, how it helps us; spending and saving. Children will think about what they would buy if they had some money and will learn about spending wisely and how it feels to spend your money on someone else.

If you have any questions about the upcoming PSHE lessons or wish to view the materials that will be used, please speak to your **child's class teacher**.

Mrs Collins

PSHE Subject Leader