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27th March 2026

Dear Parents/Carers,

What's Coming Up: Teaching of PSHE during the Summer Term

We want every child to grow up feeling happy, confident and able to take care of themselves and others. PSHE (Personal, Social, Health and Economic Education) plays an important role in helping children develop these life skills.

During the summer term, our learning will focus on keeping our bodies healthy and safe. Through a range of discussions and activities, children will explore how to look after their physical health, develop healthy habits and understand simple ways to help others if someone becomes hurt or unwell. Below you can see a brief overview of what children in each phase will be learning during these lessons.

	KS1 (Y1 and Y2)	LKS2 (Y3 and Y4)	UKS2 (Y5 and Y6)
Drugs, Alcohol and Tobacco Education (Summer 1)	• What we put into and onto our bodies • Keeping clean and healthy, including looking after our teeth • Understanding how medicines can affect the way our bodies feel	• Understanding that some substances, including medicines, are known as drugs • Learning about the health risks of smoking and second-hand smoke • Knowing that help and support are available for people who want to stay smoke free	• Learning about the risks linked to smoking, alcohol and nicotine products • Understanding how people's choices can be influenced by others • Learning ways to manage pressure and make safe, healthy decisions
Physical Health and Wellbeing, including First Aid (Summer 1 - Health Week/Navigating the Wild)	• Foods linked to special times and celebrations in different cultures • Active playground games from around the world • Staying safe in the sun • The important role of the emergency services	• Exploring healthy lifestyles • Making balanced food choices • Understanding the importance of staying active • Learning how advertising can influence food choices • Understanding that medicines can help manage conditions such as asthma • Knowing the importance of using medicines safely and following instructions	• Understanding the importance of first aid • Learning what to do if someone has an injury and they are bleeding • Learning what to do if someone is choking • Being introduced to the basics of life support

Later in the summer term, children will take part in our Relationships and Sex Education (RSE) lessons. Before these lessons begin, we will send a separate letter and our RSE information leaflet during Summer 1, so that families have clear information about what will be taught and the opportunity to ask any questions

Keeping You Informed

We really value working in partnership with our families. If you have any questions or would like to find out more about our PSHE learning, please do not hesitate to get in touch. We are always happy to talk things through, share resources or answer any questions.

Thank you, as always, for your continued support.

Yours sincerely

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