



Dear Parents & Carers,

Personal, Social, Health & Economic (PSHE) Education – Autumn Term 1

We are sending half termly PSHE Newsletters in order to enable you to feel included in your child's learning, and so that you can continue discussions about the core themes at home with them, if you would like to.

As you may know, our school follows the Coram Life Education 'SCARF' PSHE programme, which is a spiral curriculum where children revisit the same six core themes each year:

- **Me and My Relationships**
- **Keeping Myself Safe**
- **Being at My Best**
- **Valuing Difference**
- **Rights and Responsibilities**
- **Growing and Changing**

As your child moves through school, they will build upon their prior knowledge and understanding, as the lessons increase in complexity and depth.

This half term's core theme is: **Me and My Relationships**

If you would like to view the home activities linked to this unit, the link below takes you to the correct SCARF webpage:

www.coramlifeeducation.org.uk/family-scarf/scarf-at-home/me-and-my-relationships

Me and My Relationships celebrates who we are and why we are all unique and special. During this unit we discuss what makes a good friends, how we can solve problems and take on challenges. Older children will think about how they can work collaboratively with others and how they can resolve conflicts effectively by learning about assertiveness and compromise.

If you would like to know more about PSHE at our school, there is additional information on our PSHE webpage at: <https://bit.ly/4dfxc0c>

Many thanks for your support and cooperation,

Miss K. Shackleton

Class Teacher | Bagthorpe Primary School