



Dear Parents & Carers,

Personal, Social, Health & Economic (PSHE) Education – Spring 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: **Keeping Myself Safe**

If you would like to view the home activities linked to this unit, the link below takes you to the correct SCARF webpage: <https://bit.ly/3vZa8Cm>

In our **Keeping Myself Safe** topic, the children will be thinking about the different ways they can keep themselves healthy and safe, including staying safe online. They will be learning skills to help us look after our body. Older children will be learning about assertiveness, recognising the influence of friends and also how to think critically about the decisions we make and managing risks safely.

On 7th January, the Dog Trust will be coming into school to deliver workshops to the children so they learn how to act and stay safe around dogs.

To further enhance the 'Keeping Myself Safe' topic, we will be celebrating Safer Internet Day in our Class Assembly on 8th February 2024. <https://www.saferinternetday.org/>

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,

K Shackleton

Miss K. Shackleton

Class Teacher | Bagthorpe Primary School