



Dear Parents & Carers,

Personal, Social, Health & Economic (PSHE) Education – Summer 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: **Being My Best**

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/scaf-at-home/being-my-best

In our **Being My Best** topic, younger children will begin to think about personal hygiene, the importance of this and how we can build our self esteem and consider the choices that we make and the consequence these choices might have. All children will learn some basic first aid, younger children will learn how to make a 999 call whilst older children will also have some education on sepsis awareness. Older children will consider the impact that serving the community has on their self-esteem and will consider how they can develop their own mental and physical wellbeing.

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