



Dear Parents & Carers,

Personal, Social, Health & Economic (PSHE) Education – Summer Term 2

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: **Growing & Changing**

We have chosen not to offer activities here in the same way as we have in the other units because conversations about our bodies, puberty, and sex tend to come up as part of everyday family life. Various opportunities to talk to our children arise when we're watching TV, listening to the radio, or when children are trying to make sense of their own bodies or relationships with others. Instead, we have created an age appropriate book list and some useful age websites: Book list: <https://bit.ly/4bbl3X8>
<https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

Me and My Relationships covers the physical and emotional changes that happen to children as they grow. For older children, this includes changes at puberty and how to approach this with confidence. This is complemented with content reflecting our ever-evolving relationships with others.

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