

# LIFE SKILLS NEWSLETTER

ACADEMIC YEAR 2023 – 2024: SUMMER TERM 2024

This term the school's Life Skills theme is: **HEALTH & WELLBEING**

## EYFS, KS1 & KS2

APRIL/MAY	JUNE	JULY
Physical Health & Wellbeing	Growing and Changing	Keeping Safe

## KS3

SUMMER TERM 1	SUMMER TERM 2
Health & Puberty – Y7 Identity & Relationships – Y8	Building Relationships – Y7 Emotional Wellbeing – Y8

### What are the children learning about this theme?

EYFS	KS1	Y3	Y4
Healthy foods; exercise; managing emotions. Expressing own feelings; showing resilience and perseverance; EYFS journey (Nursery – Reception) Understanding rules and how they keep us safe; stranger danger.	Keeping healthy; food, exercise, hygiene; sun safety, sleep; medicines; keeping teeth healthy; managing feelings, asking for help. Recognising what makes them unique/special; growing older; naming body parts; moving class or year (Y2). How rules & age restrictions help us; keeping safe online, safety in different environments; risk and safety at home; emergencies.	Health choices and habits; what affects feelings; expressing feelings. Personal strengths and achievements; managing and reframing setbacks. Risks and hazards; safety in the local environment and unfamiliar places.	Maintaining a balanced lifestyle; oral hygiene and dental care. Personal identity; recognising individuality and different qualities; mental wellbeing. Medicines and household products; drugs common to everyday life.
Y5	Y6	Y7	Y8
Healthy sleep habits; sun safety; medicines, vaccinations, immunisations and allergies. Physical and emotional changes in puberty; external genitalia; personal hygiene routines; support with puberty. Keeping safe in different situations, including responding in emergencies, first aid.	What affects mental health and ways to take care of it; managing change, loss and bereavement; managing time online. Changes & challenges; puberty; increasing independence; managing transitions. Keeping personal information safe; regulations and choices; drug use and the law; drug use and the media; FGM	Healthy routines, influences on health, puberty, unwanted contact, and FGM; reproduction & birth. Self-worth, romance and friendships (inc. online) and relationship boundaries.	Gender identity, sexual orientation, consent, 'sexting', and an introduction to contraception. Mental health and emotional wellbeing, including body image and coping strategies

## EVENTS & CELEBRATIONS

Health & Wellbeing enrichment

- In our assemblies we are continuing to find out about role models who can inspire us, the challenges they faced and how we can learn from their achievements (linking to the Equality Act, 2010).
- **24 April** - Global Intergenerational Week
- **13 May** - Mental Health Awareness Week
- **15 May** – International Day of Families
- **25 May** – Elmer Day – Celebrating Diversity & Equality
- **01 June** – Global Day of Parents
- **27 June** – RSE Day
- **11 July** - World Population Day

As part of our teaching and learning about keeping safe, health and wellbeing we use the highly recommended NSPCC resource – PANTS. The Underwear Rule (also referred to as PANTS) is a simple way to have age-appropriate conversations with children to help you keep them safe from sexual abuse.



A parent guide can be found on our Life Skills Support for Parents webpage on our Home Learning website: [Life Skills Support for Parents - Polwhele House School Learning](#)

More information for parents can be found on the NSPCC website:

[Let's talk PANTS with Pantosaurus! | NSPCC](#)



RSE AT HOME: Relationships and Sex Education at home supports your child to have healthy relationships. Learn about how to support your child at home as they grow up: [RSE at home - parents and carers – Brook](#)

School RSE focusses on the facts, the law and the expectations of the school and wider community. It provides an opportunity to discuss issues in a depersonalised way which keeps everyone in the classroom safe whatever their beliefs or experience. RSE at home is a real opportunity to talk about your family's values and beliefs, and to use examples from your own family and people you know to talk about health and relationships. Brook's website has lots of considered and supportive information and resources for parents to support these important discussions at home.

## MORE INFORMATION

You can find out more information about how to support your child with their learning in Life Skills and Online Safety on our Home Learning website:

### Life Skills Support for Parents:

<https://www.polwhelehouseschoollearning.com/life-skills-support-for-parents.html>

### Online Safety Information for Parents:

<https://www.polwhelehouseschoollearning.com/online-safety-information.html>

