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23rd February 2024

**Key Stage 1 PSHE**  
**Spring Term 2: Healthy Me**

Dear Parent/Carer,

This half term, our personal, social, health and economic (PSHE) learning will focus on making healthy choices to maintain a healthy body and mind. In Key Stage 1, this will involve discussions regarding food, relaxation techniques and medicines.

Key Stage 1 pupils will receive one lesson linked to medication. Please be reassured that pupils in Years 1 and 2 will only be discussing everyday medicines such as children's medicines, inhalers and first aid equipment such as plasters and bandages. As part of their learning, they will be shown empty medication bottles/boxes that will only be handled by the teacher or HLTA leading the session. This lesson will reinforce the message that children should only take medicine when a trusted adult gives it to them.

If you have any questions or concerns, please do not hesitate to get in touch.

Kind Regards,

Ms Holness  
Wellbeing and Personal Development Lead

