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3rd March 2025

Key Stage 1 PSHE Curriculum Spring Term 2025
Unit: Healthy Me

Dear Parent/Carer,

As part of our broad and balanced curriculum, we deliver a PSHE lesson each week to our pupils. After the half term break, pupils will begin a unit called 'Healthy Me'. The purpose of this unit is to empower the children to make healthy choices both now and in the future.

The pupils in Hera, Zeus and Poseidon will be learning about:

- Healthy and unhealthy choices
- Medicines and how these should only be administered by a trusted adult
- A balanced diet
- How to create a healthy snack
- The importance of keeping our body clean
- How to help ourselves feel relaxed

If you have any further questions about the topics listed above, you are welcome to discuss this with your child's class teacher or myself.

Kind Regards,

Ms Holness
Wellbeing and Personal Development Lead.

