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6<sup>th</sup> March 2026

**Key Stage 1 Spring Term PSHE**  
**'Healthy Me'**

Dear Parents/Carers,

As part of our Personal, Social, Health and Economic learning (PSHE), the pupils will be undertaking a unit entitled, 'Healthy Me.'

Within this unit, Key Stage One pupils will be learning how to keep their bodies healthy. We will study healthy eating, how to stay healthy and relaxed and medicine safety. During this lesson, pupils will be shown images of commonly used medicines such as painkillers, cold remedies and inhalers. The session will focus on educating children that medicine should only be given to them by a trusted adult, to only take the recommended dose and that medicines at home should be stored out of reach of children.

If you have any further questions regarding this topic, please speak to your child's class teacher in the first instance.

Kind Regards,

Ms Holness  
Wellbeing and Personal Development Lead.

