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23rd February 2024

**Lower Key Stage 2 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 Year 3 and Year 4, this will involve discussions regarding smoking, alcohol and peer pressure.

Within the unit, one lesson will focus primarily on smoking and another lesson will focus on alcohol. The lessons will explore the effects of smoking and alcohol on the body, dispel any myths surrounding smoking and alcohol consumption and provide them with some scenarios in which they can decide what someone should do in a given situation. We hope that these lessons provide pupils with a deeper understanding of how smoking and drinking alcohol can affect the body. We also wish to provide pupils with strategies to help them deal with peer pressure.

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

Kind Regards,

Ms Holness  
Wellbeing and Personal Development Lead

