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Chair of Governors: Mr R. H. Sperr



3rd March 2025

**Lower Key Stage 2 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 Aphrodite, Hermes and Icarus will be learning about:

- Being fit and healthy
- Drugs – this will include looking at images of some drugs to show that not all drugs look the same. In addition to this, we will also be discussing how medicines are drugs that can be helpful to our bodies when administered correctly.
- Recognising feeling safe and unsafe

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.

