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6th March 2026

Year 3 and 4 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, Year 3 and 4 pupils will be learning about group dynamics, healthy friendships and resilience. Some sessions will also discuss smoking and alcohol consumption, with a focus on peer pressure and how smoking and alcohol consumption can affect the body.

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.

