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23rd February 2024

Upper 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 5 and Year 6, this will involve discussions regarding drugs. This will include:

- Unrestricted drugs such as caffeine
- Restricted drugs such as alcohol, tobacco, cigarettes, vaping, over the counter medications and solvents
- Prescribed drugs such as insulin, inhalers, anti-depressants, steroids and anti-allergy medications
- Illegal drugs such as heroin, cocaine, ecstasy (MDMA), LSD, spice, magic mushrooms, ketamine, PCP, GHB and cannabis

These lessons will explore the effects of drugs on the body and, through scenarios, discuss gangs and exploitation. The teacher or HLTA delivering these lessons will ensure that they follow the Jigsaw planning closely and handle discussions in a sensitive manner. We aim to provide pupils with the facts about drugs and gang exploitation to dispel any myths and to help them make healthy choices in the future.

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

Kind Regards,

Ms Holness
Wellbeing and Personal Development Lead

