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Chair of Governors: Mr R. H. Sperr



3rd March 2025

**Upper 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 Theseus, Achilles and Artemis will be learning about:

- Smoking and associated health risks
- Alcohol and associated health risks
- First Aid
- Body image and social media
- Relationships with food

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.

