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6<sup>th</sup> March 2026

**Year 5 and 6 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 5 and 6 pupils will be learning about mental health, stress and pressure. In addition to this, some sessions will discuss drugs, exploitation and gangs. The sessions on drugs will help children to understand the difference between unrestricted drugs (such as caffeine), restricted drugs (such as paracetamol), prescribed drugs and illegal drugs. Pupils will also be taught about how different drugs can affect the body. Within the drugs, exploitation and gangs' sessions, pupils will develop skills to deal with peer pressure through scenarios and role play.

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.

