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Dear Parents/Carers

As part of the compulsory KS1 and KS2 Personal, Social and Health and Economic Education (PSHE), this half term we will be learning about being safe and happy.

In KS1, children will learn:

- To explain how to avoid risks in the home and local community.
- To learn how to administer simple first aid.
- To understand how to make a call to the emergency services.
- To know how to manage the feelings of change and loss. **Please note, this lesson may touch upon death.**

In UKS2, children will learn:

- To understand laws that keep us safe.
- To know how to respond safely to adults we may encounter.
- To recognise signs of grooming, coercion and exploitation and understand how to report this.
- To understand how change and loss can affect my mental health and know ways to tackle negative emotions.
- To consider my growing responsibilities as I prepare for my future.

Please find the time to discuss risks and hazards in your home and local area with your child and what to do in case of an emergency. As part of this, please ensure your child knows their home address. It would also be helpful to discuss any medical needs of family members or close friends, for example asthma, severe allergies or seizures and what your child should do if they need to help with this. It may also be beneficial talking about their feelings regarding moving classes or schools next year and coming up with ways in which they can deal with these emotions and you can support them.

As always, if we can support you further in any way or if you would like more information on what the children will be learning, please speak to your child's class teacher.

Kind regards

PSHE Lead