PSHE Newsletter

Autumn 2, 2026

Supporting happy, healthy and confident children

In PSHE this half-term, our children will be learning important skills and knowledge to help them stay safe, healthy and prepared for life's opportunities and challenges. Here is an overview of what each year group will be learning.

Key Stage One (Years 1 and 2) | Keeping Safe and Healthy



This half-term, children will learn how to keep themselves safe and healthy in different situations. They will explore sun safety, road safety, water safety and how to recognise potential dangers at home and in public places. Children will develop an understanding of medicine safety and the importance of asking trusted adults for help. They will also learn how to recognise risks, make safe choices and look after their physical and emotional wellbeing.

Lower Key Stage Two (Years 3 and 4) | Healthy Lifestyles



This half-term, children will learn about the importance of maintaining a healthy lifestyle through regular exercise, good hygiene and balanced nutrition. They will explore ways to include physical activity in their daily routines, understand how germs spread and how effective handwashing prevents illness. Children will also identify different food groups and use their knowledge to plan and prepare healthy meals, developing confidence in making positive choices for their health and wellbeing.

They will also look at the importance of physical, emotional and mental health and how to recognise signs and symptoms, as well as managing health.

Upper Key Stage Two (Years 5 and 6) | Changes and Emotional Wellbeing



This half-term, children will explore how change is a natural part of life and develop strategies to manage new situations and challenges. They will learn about the importance of looking after their mental health and emotional wellbeing, including ways to cope with loss, grief and difficult emotions. Children will also explore how to manage distractions, build resilience and respond positively to situations beyond their control.

Your child's class teacher is always available to discuss upcoming learning in PSHE if you have any questions or would like to find out more about what your child will be learning.

