

The Harmony Trust PSHE Newsletter

Spring 1 2026

Learning in PSHE this half term is based around health and well-being and relationships education. Some children will learn about how to keep themselves safe whilst others will learn about the changing and growing body along with what makes a healthy friendship and relationship.

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Taught across all areas of provision	Keeping Safe <ul style="list-style-type: none">- Medicine Safety- Sun Safety- Road Safety- Strangers- Worry- Safer Internet	Changing & Growing <ul style="list-style-type: none">- Similarities & Differences- The Human Body- Respecting our bodies- Respecting difference- Brushing Teeth- Safer Internet	Resilience/Keeping Safe <ul style="list-style-type: none">- Bullying- Bystanders Zippy Module 6: <ul style="list-style-type: none">- Coping Strategies- Cyber-bullying- Road Safety- Railway Safety	Economic Awareness Managing Money <ul style="list-style-type: none">- The value of money- Money Choices- Spending- Managing Money- Financial Management	Friendship Apple Module 3 <ul style="list-style-type: none">- A good friend- Loneliness & rejection- Coping strategies- Trust- Conflict resolution- The Harmony Pledge	Healthy Relationships <ul style="list-style-type: none">- Boundaries- Appropriate Touch- Digital Boundaries- Reporting when feeling unsafe- Asking for advice

Keeping safe:



This is CLEVER's
GO-SPOTTER

Year 1

In Year 1, the children will learn about how to keep themselves safe in school and at home. They will learn about a range of different safety measures including medicine safety, sun safety, road safety, e –safety and personal and emotional safety. They will also learn about keeping themselves safe from strangers using the Clever Never Goes strategy.



**WHEREVER CLEVER GOES
CLEVER ALWAYS KNOWS
CLEVER NEVER GOES**



#besafehealthyandhappy

Year 2

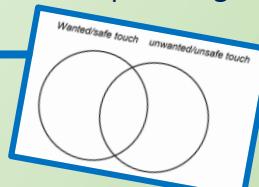
In Year 2, the children will learn about personal privacy through the NSPCC Pantosaurus programme. **They will learn about keeping privates private and that their body belongs to them.** They will also know the difference between surprises and secrets.

You can find out more about the Talk Pants and underwear rule at the NSPCC website: <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Year 6

In Year 6, the children will explore appropriate touch. They will learn about what is good and uncomfortable touches, what is a safe and unsafe touch. They will learn how to report any concerns through a variety of support lines, like NSPCC, Childline and CEOP. They will further discuss when it is acceptable to keep a secret and when it is not. They will also explore digital boundaries too.

You can find out more help, support and advice on your academy website under the safeguarding tab.



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Year 3

In Year 3, the children learn that it is the responsibility of bystanders to tell an adult and where to get help if they are being bullied. They will gain awareness that people can be bullied online (cyberbullying) which can affect their mental health. They will learn about how to keep safe online by learning about their own digital footprint as well as being aware of the risk associated with crossing a road, railway or tramway.

#berespectful

Year 5

In Year 5, the children will learn different coping strategies in different situations through the Apple module. They will learn how to cope with loneliness and rejection whilst learning what to do if a friendship is making them unhappy and/or uncomfortable.

Changing and Growing Bodies:

Year 2

In Year 2, the children will learn about how they can tell if someone is male or female and will learn that male and female have some body parts the same, but others are different. They will label body parts and will be introduced to some scientific terms: genitals, penis and vagina. This is in line with the science national curriculum where they will be equipped with the appropriate vocabulary to report abuse and to safeguard themselves.

You will be sent an e-mail from your academy a week before the lesson will take place so you can be prepared for any discussion points before and after the lesson takes place. Please speak to your academy Principal if you have any questions.

Bystanders!

If you see someone being bullied, you can help by:

not laughing

telling the bully to stop

not joining in

telling an adult about it

If you join in or do nothing,

YOU

are a bully, too!

Managing Money:

Year 4

In Year 4, the children will further consolidate their understanding of where money comes from and how it can make them feel. They will consider how money can help them and others as well as taking the opportunity to reflect on their own spending habits and choices.

#beworkwise

Top tip:

Encourage your child to use the ask-it baskets in class to write down any questions they want answering or to report any worries or concerns.

