

# The Harmony Trust PSHE Newsletter

Spring 2 2026

Learning in PSHE this half term is based around health and well-being and relationships education which is taught through the Zippy and Apple modules. Children will learn about how to keep themselves safe online whilst others will learn about keeping their bodies safe and free from drugs, tobacco and alcohol.

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Taught across all areas of provision	<b>Communication</b>  <b>Zippy Module 2</b> <ul style="list-style-type: none"> <li>- Expressing how I feel</li> <li>- Listening</li> <li>- Asking for Help</li> <li>- Saying what we want</li> <li>- Dealing with an emergency</li> <li>- The Harmony Pledge</li> </ul>	<b>Conflict Resolution</b>  <b>Zippy Module 4</b> <ul style="list-style-type: none"> <li>- Friendship</li> <li>- Bullying</li> <li>- Anger</li> <li>- Conflict</li> <li>- Helping someone who is hurt</li> <li>- The Harmony Pledge</li> </ul>	<b>Keeping Safe</b> <ul style="list-style-type: none"> <li>- Internet Benefits</li> <li>- Dangers</li> <li>- Keeping Data Secure</li> <li>- Kindness Online</li> <li>- Online Safety</li> </ul>	<b>Communication</b>  <b>Apple Module 2</b> <ul style="list-style-type: none"> <li>- Listening</li> <li>- Saying what you want</li> <li>- Speaking in difficult situations</li> <li>- Weekend Plans</li> <li>- Good manners</li> <li>- Saying difficult things</li> </ul>	<b>Drugs, Alcohol &amp; Tobacco</b> <ul style="list-style-type: none"> <li>- Drugs across school</li> <li>- Smoking (including vaping)</li> <li>- Alcohol</li> <li>- Drugs</li> <li>- Responsible Choices</li> </ul>	<b>Aspirations</b> <ul style="list-style-type: none"> <li>- Personal Strengths</li> <li>- Achievements</li> <li>- Job Aspirations</li> <li>- Goals</li> <li>- The Harmony Pledge</li> </ul>

## Relationships Education:

### Year 4

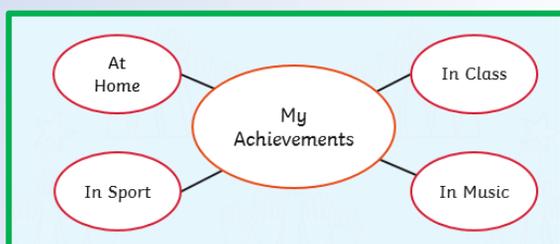
In Year 4, the children will learn about what being a 'good listener' looks like and how they behave. They will develop strategies to say and identify their own feelings and will develop some strategies to help them say things in difficult situations. They will also remind themselves of good and bad manners and how they behave in different relationships and situations.



## Aspirations:

### Year 6

In Year 6, the children look at greater details of their successes and achievements and how to set themselves goals and aim high. They will gain a greater understanding of what they need to acquire and achieve their goals.



#Believe, Achieve, Succeed

[#aspirational](#)



THE HARMONY TRUST

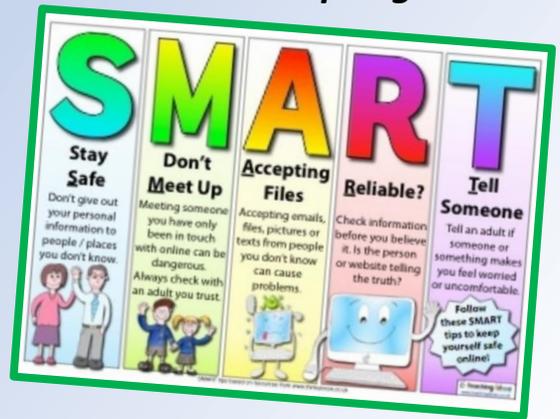
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## Keeping Safe Online:

### Year 3

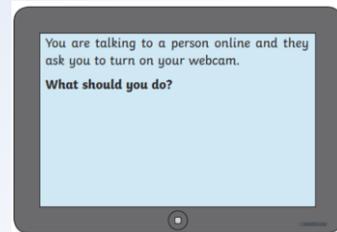
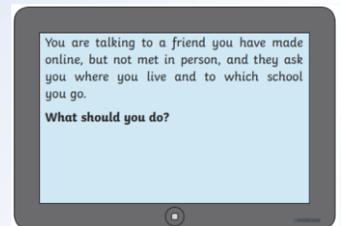
In Year 3, the children will develop their knowledge and understanding of how to be SMART when online. They will learn how to take responsibility for their own online security through keeping their data and personal information secure. They will also work through some scenarios on how to be kind online and what to do if someone upsets them, or asks to meet them.



#berespectful

More information on how to keep your child safe online can be found on the NSPCC website:

[Keeping children safe online | NSPCC](#)



Top tip:  
Make respectful choices when online.  
Always speak to a trusted adult for help and support.



## Drugs, Alcohol & Tobacco:

### Year 5

In Year 5, the children will look at drugs, both legal and illegal, smoking, alcohol and will investigate the health risks associated with them. They will gain a better understanding of smoking, including vaping, and the consequences associated with smoking, drugs and alcohol. This links well with their Science learning and how to keep their bodies healthy.



#besafehealthyandhappy