

The Harmony Trust PSHE Newsletter

Summer 1 2026

Learning in PSHE this half term is based around healthy lifestyles, economic awareness and relationships education. Children will learn about how to be smart with their money, how to be safe when online and about the different family make up in their families.

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Taught across all areas of provision	Healthy Lifestyles <ul style="list-style-type: none"> - Germs - Handwashing - Brushing Teeth - Healthy Eating - Exercise - Rest 	Money <ul style="list-style-type: none"> - Money Sources - Money & Values - Saving Money - Charity - Budgeting - Fundraising 	Similarities & Differences <ul style="list-style-type: none"> - Diversity - My Family - Families - Marriage - Stereotypes - Harmony Pledge 	Growing & Changing <ul style="list-style-type: none"> - Being Healthy - Before puberty - Body changes - Teeth - Harmony Pledge 	Solving Problems Apple Module 4 <ul style="list-style-type: none"> - Online situations - Finding Solutions - Bullying - Cyberbullying - Online Time - Online Viability 	Economic Awareness <ul style="list-style-type: none"> - Debate - Financial Budgeting - Financial Risks - Ethical Spending - Peer Pressure

Relationships Education:

Year 3

In Year 3, the children will begin to explore stereotypes and the harm this can cause. They will learn about how they belong to their class, their school community and their family. They will look at the similarities and differences of their own families with that of others and will discuss the make-up of families different to their own. When looking at the make-up of families this will include foster parents, step-families, single parents, grandparents and same-sex parents. They will learn the importance of respectful and loving relationships and apply this to their family and personal community. Below are some photographs they will look at and explore.



Some people say that ...

Only men should play football.

Are they right?

If you have any concerns or questions around the teaching of PSHE within your academy, please speak to your Academy Principal or email info@theharmonytrust.org.

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Keeping Safe Online:

Year 5

In Year 5, children will move away from e-safety and the sharing of information and will look deeper into cyber bullying and the effects this can have on themselves and others.

They will also look at the benefits and risks of spending too much time online and how a lot of information we see online is not always true.

#besafehealthyandhappy

Healthy Lifestyles:

Year 1

In Year 1, children learn that being active and resting makes them feel happy and well. They learn that taking part in regular daily and weekly exercise is important and learn about what makes a healthy diet. They also learn that handwashing can keep them safe from germs.



Economic Awareness:

Year 2

In Year 2, children learn that money comes from different sources and is used for different purposes. Children discuss moral questions about money. They consider how to save money and conserve energy. Children think about how to raise money for charity and carry out a fundraising activity for their chosen charity.

#beafundraiser

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

You can help keep your child safe online by visiting the NSPCC website:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Changing & Growing:

Year 4

In Year 4, the children will look at how their body has or will begin to change and the different emotions that may come along with this. As they look at changes while they grow, they will also look at the importance of good quality sleep for good health and re-visit dental health and why they should continue with regular brushing, flossing and visits to the dentist especially as they lose their teeth and get their final set that will have to last all their adult life.



Year 6

In Year 6, children move onto to look into needs vs wants when spending money. They also look deeper into budgeting and put it to practical use within their Business Enterprise project. Furthermore, they are taught about financial dilemmas and debt. Finally, they also look at peer pressure from others when it comes to money.