

The Harmony Trust PSHE Newsletter

Summer 2 2026

Learning in PSHE this half term is based around living in the wider world and health and well being.

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Taught across all areas of provision	Communities <ul style="list-style-type: none"> - Belonging in the community - Belonging in the family - Local Citizenship - Y2 Transition - Hopes & Fears 	Change & Loss Zippy Module 5 <ul style="list-style-type: none"> - Change & Loss - Death & Loss - Hopes & Fears 	Emotions <ul style="list-style-type: none"> - Loss & Separation - Coping - Strategies - Empathy - Emotions - Feelings - Help & Advice 	First Aid <ul style="list-style-type: none"> - First Aid - Head Injuries - Common Injuries - Asthma Attack - How to Help - Emergency Calls 	Physical & Emotional Health <ul style="list-style-type: none"> - Health - Physical Illness - Sleep - Health Support - Puberty 	Moving Forward <ul style="list-style-type: none"> - Puberty - Transition Apple Module 6 <ul style="list-style-type: none"> - Disappointment - Worries

Living in the Wider World:

Year 1

In Year 1, children learn that they belong to different communities as well as their families. They learn what it means to belong and their role within their own family and community. They will explore the make up of different families which will include foster parents, step families, single parents, grandparents, two mums and two dads. They will also learn that it is everyone's responsibility to look after their community as good, active citizens.

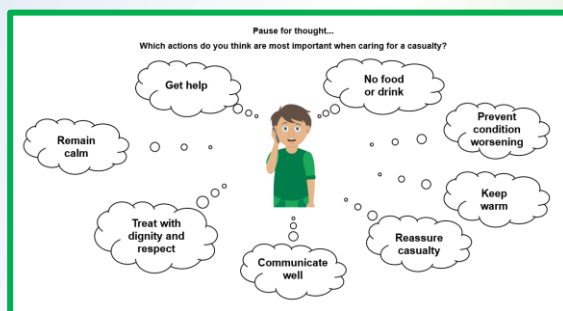


#berespectful

First Aid:

Year 4

In Year 4, the children will learn how to make an emergency call, how to keep safe in an emergency as well as some basic First Aid. They will learn how to help someone who has a head injury and how to help someone who is bleeding, has a burn, is choking or has an asthma attack.



#besafehealthyandhappy



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Change & Loss:

Year 2

In Module 5 of Zippy, children in Year 2 continue their mental well-being education by improving their ability to cope with change and loss, including death. Children learn that we can cope better with change and loss if we understand that changes are an essential part of life and can have positive and negative effects.



If your child has suffered a loss recently, please let the academy know so we can prepare your child for the lessons beforehand.

Year 3

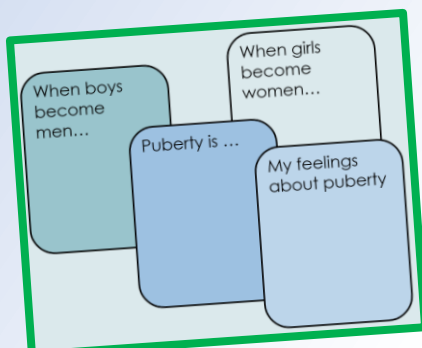
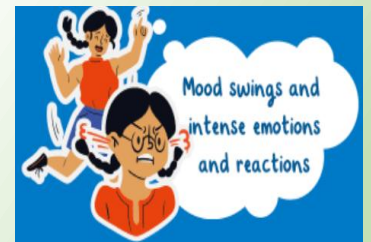
In Year 3, children will continue to focus on their mental well-being by looking at a range of emotions that they may experience in their lives. They will learn further coping strategies to help them deal with a range of emotions. They will also develop their understanding of how to deal with loss and separation and how that can make them feel as well as developing empathy and respect for others.

Changing & Growing:

Year 5

In Year 5, children look at the 3 elements of health – physical, emotional and mental. They also become more aware of spotting signs of physical illness and the effects of lack of sleep on their health. This unit will also teach them more about where they can find help for their health.

The children will also study changes to their bodies as they grow older and how to be aware of physical and emotional changes to their body as they move through puberty and adolescence.



Year 6

In Year 6, children will continue to develop their knowledge and understanding of the physical and emotional changes that occur during puberty.

They will also focus on their feelings around their transition to secondary school and the truths and myths that surround this. They will explore the friendships that they have and how these may change as they move to different secondary schools.