The Harmony Trust PSHE Newsletter

Autumn 2 2026

This half term, our PSHE learning will focus on **health and well-being** and **relationships education**. Children will explore friendships, positive relationships and the importance of self-care through engaging lessons using the **Zippy** and **Apple** programmes. These sessions will help children develop the skills and understanding needed to build healthy relationships, manage their feelings and look after their own well-being.

Year 1 Feelings	Year 2 Making & Breaking Relationships	Year 3 Healthy Lifestyles	Year 4 Growing and Changing	Year 5 Nutrition and Food	Year 6 Changes (including Loss)
Sad/Happy Angry/Annoyed Jealousy Nervous Online Relationships The Harmony Pledge	Friendship Conflict Strengthening Relationships Online Relationships	Exercise Hygiene Spreading of germs Nutrition Balanced Diet	Being Healthy Before puberty Body changes Teeth The Harmony Pledge	Calories Nutrition Poor Diet Healthy Diet Balanced Diet Vaccinations	Life Changes Change Loss Family Relationships Mental Health

Zippy & Apple modules:

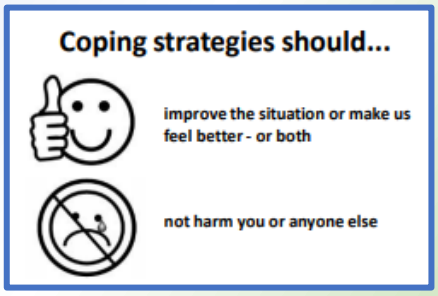
Zippy and Apple Friends is a social and emotional learning programme that follows the adventures of Zippy the stick insect, Tig and Apple the hamster.

Through the programme, children develop **better coping strategies** to help them manage everyday challenges and **better social skills** to support positive communication and relationships with others.



Children learn that when they experience difficult feelings, such as sadness, worry or anger, there are helpful and positive ways to respond. The programme also introduces a range of coping strategies.

Coping is what we do to make a difficult situation better or to help us feel better about it.





Year 1

Children will learn to recognise and name a range of emotions, including happiness, sadness, anger, jealousy and nervousness. They will explore positive ways to manage their feelings, develop self-awareness, and practise strategies to help them stay calm and feel better when experiencing different emotions.

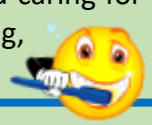
Year 2

Children will explore how to build and maintain positive friendships, learning about inclusion, kindness and the importance of healthy relationships. They will develop strategies for managing disagreements, making new friends and supporting others who may feel lonely or left out.

Changing & Growing:

Year 4

Children will learn about the changes that can happen to their bodies as they grow and start to approach puberty. They will develop their understanding of personal hygiene and how to keep themselves clean. They will also explore the importance of healthy habits, including getting enough sleep and caring for their teeth through regular brushing, flossing and dental check-ups.



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Health & Well-Being:

Children will learn about healthy lifestyles and how to support both their physical and mental well-being. They will explore the importance of understanding and managing emotions, developing resilience, and recognising how their actions and choices can help them stay healthy and feel their best.

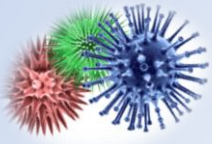
Year 3

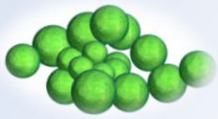
Children will learn about the importance of staying healthy through regular physical activity, good personal hygiene and a balanced diet. They will explore the main food groups and develop the knowledge and skills needed to make healthy choices that support their overall health and well-being.

Year 5

Children will develop their understanding of healthy lifestyles by learning about nutrition, balanced diets and the importance of regular exercise. They will also explore food hygiene, safe food preparation, and how vaccinations help protect us from certain illnesses, enabling them to make informed choices to support their health and well-being.







Year 6

Children will learn that change is a normal part of life and explore how different life events can affect their feelings and well-being. They will develop strategies to manage worries and emotions, build resilience, and understand where to seek support when needed, including learning about loss and bereavement in an age-appropriate and sensitive way.

If your child has recently experienced the loss of a loved one and their class teacher is not already aware, please let us know so that we can provide appropriate support before these lessons take place.



Top tip:

Know who your trusted adults are. Tell them how you are feeling, no matter how big or small.

If you have any further questions about your child's learning in PSHE please speak to your academy Principal or e-mail info@theharmonytrust.org

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