

# The Harmony Trust KS2 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.

Year 3	Year 4	Year 5	Year 6
<b>Resilience/Keeping Safe</b> <ul style="list-style-type: none"><li>- Bullying</li><li>- Bystanders</li></ul> <b>Zippy Module 6:</b> <ul style="list-style-type: none"><li>- Coping Strategies</li><li>- Cyber-bullying</li><li>- Road Safety</li><li>- Railway Safety</li></ul>	<b>Economic Awareness</b> <b>Managing Money</b> <ul style="list-style-type: none"><li>- The value of money</li><li>- Money Choices</li><li>- Spending</li><li>- Managing Money</li><li>- Financial Management</li></ul>	<b>Friendship</b> <b>Apple Module 3</b> <ul style="list-style-type: none"><li>- A good friend</li><li>- Loneliness &amp; rejection</li><li>- Coping strategies</li><li>- Trust</li><li>- Conflict resolution</li><li>- The Harmony Pledge</li></ul>	<b>Healthy Relationships</b> <ul style="list-style-type: none"><li>- Boundaries</li><li>- Appropriate Touch</li><li>- Digital Boundaries</li><li>- Reporting when feeling unsafe</li><li>- Asking for advice</li></ul>

## Keeping safe:

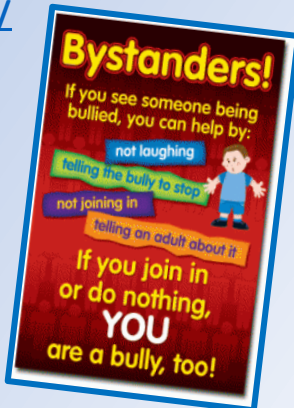
#besafehealthyandhappy

### 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 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 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.

## Managing Money:

#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.

### 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