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Dear Year 4 Parents and Careers,

Below is a summary of what your child/ children will be covering this Spring term in PHSE (Personal, Social and Health Education).

Health and Wellbeing 1 Keeping Safe Growing and changing	Spring 1	INTERNET SAFETY To understand the need for respectful online behaviour. To understand key rules when using the internet and where to report concerns. To explore the differences between males and females. To understand the meaning of and rights to personal space. To understand there are people available to help us. To understand how to make a clear and efficient call to emergency services. To identify the risks associated with water and how to keep safe. To begin to understand what a stereotype is and our role in breaking gender stereotypes.
Health and Wellbeing 2 Healthy lifestyle Keeping our bodies healthy	Spring 2	To begin to understand about hygiene and germs. To understand the importance of a healthy diet. To identify the impact of a poor diet on our teeth. To understand the impact of smoking and passive smoking. To explain the risks associated with alcohol. To understand the importance of regular exercise and how to achieve this.
Relationships	Autumn 2 First part Spring 1	To understand why families are important for children. To understand that families can look different and that these differences should be respected. To identify the importance of different types of friendships. To understand that friendships have ups and downs but these can be worked through. To understand rights and responsibilities within a friendship and to explain why it is important to understand/know these things. To begin to judge whether what people are feeling and how people behave is appropriate. To understand the role of the bully, bystander and victim in a bullying scenario.

Should you wish to view the school policy, further information about what is taught throughout the year, and how children progress with their skills, please visit the curriculum area on the school website.

Yours sincerely,

Lindsay Wood

Acting Deputy Headteacher