



Chawson Community First School
Wych Road
Droitwich Spa
Worcestershire
WR9 8BW
Tel: 01905 773264
Fax: 01905 775641
Email: office@chawson.worcs.sch.uk

Headteacher: Miss Nicola Peck BSc(Hons) PGCE NPQH
Deputy Headteacher: Mrs Karen Sage BA(Hons) NPQSL

January 2024

Dear Year 3 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). 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.

Health and Wellbeing 1 Keeping Safe Growing and changing	Spring 1	<u>INTERNET SAFETY</u> To learn how to use the internet safely. To identify who to talk to if you are worried or scared about something. To understand concepts of basic first aid. To explore gender stereotypes.
Health and Wellbeing 2 Healthy lifestyle Keeping our bodies healthy	Spring 2	To understand the importance of personal hygiene. To understand the different food groups. To learn about the difference between legal and illegal drugs. To understand the effects of caffeine. To understand the benefits of an active lifestyle.
Relationships	Autumn 2 First part Spring 1	To explore different types of families and healthy family life. To identify the qualities of a good friend and healthy friendships. To identify positive thoughts and how positive thoughts can affect us. To begin to understand the importance of our own mental wellbeing. To explain the difference between unkindness and bullying.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Lindsay Wood'.

Lindsay Wood
Acting Deputy Headteacher