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January 2024

Dear Year 1 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 of the school website.

|                                                                                  |                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------|------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Health and Wellbeing 1</b><br>Keeping Safe<br>Growing and changing            | Spring 1                           | <b><u>INTERNET SAFETY</u></b><br>To learn about the uses of the internet.<br>To learn how to use the internet safely and how to get help.<br><hr/> To explain changes as we grow.<br>To identify and explain places and people who make me feel safe when worried or scared.<br>To explain the difference between good and bad secrets.<br>To explain how you can keep yourself safe at home.                                                                                                |
| <b>Health and Wellbeing 2</b><br>Healthy lifestyle<br>Keeping our bodies healthy | Spring 2                           | To explain how to keep ourselves clean.<br>To identify parts of our bodies.<br>To explain how to use medicine safely.<br>To understand the importance of a healthy diet.<br>To understand and explain how to keep teeth healthy.                                                                                                                                                                                                                                                             |
| <b>Relationships</b>                                                             | Autumn 2<br>First part<br>Spring 1 | To identify and explain different emotions.<br>To explore different types of families and recognise what makes them special.<br>To identify the qualities of a good friend.<br>To explain what a compliment is and why it is important.<br>To recognise our achievements and achievements of others.<br>To explain why good friends are important and explore how to make new friends.<br>To identify different types of bullying and explain what to do if they are being/witness bullying. |

Yours sincerely,

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

Lindsay Wood

Acting Deputy Headteacher