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January 2024

Dear Reception 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	INTERNET SAFETY To begin to understand about internet safety and how to get help. To learn about change as we grow. To explain who to tell if you are worried or scared.
Health and Wellbeing 2 Healthy lifestyle Keeping our bodies healthy	Spring 2	To understand how we can keep ourselves clean. To explain how to use medicine safely. To understand the importance of different foods.
Relationships	Autumn 2 First part Spring 1	To identify different emotions. To explore different types of families. To identify and explain why people are special. To identify the qualities of a good friend. To describe how to make friends and play with others. To recognise our achievements and achievements of others. To explain how we are similar and different. To identify and respond to bullying.

Yours sincerely,

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

Lindsay Wood
Acting Deputy Headteacher