



PSHE



Welcome to the Year 5/6 PSHE newsletter. We hope you will find the information here useful. Please come and speak to us if you have any questions.

The focus for PSHE this term: Dealing with Emotions. It will teach the children how to manage conflict and allow them to feel safe and secure. The children will also complete work on Physical Health as well as work on marriage.

A puberty session will also be delivered in this term.



Key Learning

I can recognise people who can help and support me

I know that there are going to be changes to my body as I become an adult

I know that to be healthy I need to have good physical, emotional and mental health

I know how to recognise if family relationships are making me feel unhappy or unsafe, and how to seek help or advice from others if needed

I understand the need for empathy when peers are experiencing conflict at home

I know that mental wellbeing is a normal part of daily life, in the same way as physical health

I know about the basic synergy between physical, emotional and mental health

Key Vocabulary

Death Safety Grief

Empathy Memories

Life-cycle Conflict

Separation Divorce

Bereavement Mementos

Remembrance Dedication

Personality



Key Learning

I know that to be healthy I need to have good physical, emotional and mental health
 I can identify some signs of illness and some symptoms
 I can recognise some common allergies, their effects and how they can be treated
 I know the importance of immunisations and can explain how they can prevent severe illnesses spreading
 I recognise that marriage is a lifelong commitment between two people.

Key Vocabulary

Changes Support Healthy Illness Allergy Reaction
 Vaccination Infection Promise Ceremony
 Identity Culture Trust Marriage Law Trust Vow