



28th March 2025

Dear Parents / Carers,

As a school we renamed 'PSHE' (Personal, Social, Health and Economic) education so we call it **Learning for Life**. We felt that this title was more meaningful to the children as the learning focuses on your child's personal development journey throughout primary school and beyond.

Every year, the Term 5 topic is 'Relationships'. Each year group will cover a different range of **age-appropriate learning** about building positive, healthy relationships. This includes families, friendships, conflict, keeping safe, understanding and managing feelings, and being safe with technology.

Teaching about safety and relationships during our Learning for Life lessons is one way in which schools approach the safeguarding of children. Relationships knowledge and skills are now statutory in Primary schools, and the content for your child's year group is detailed below.

Term 5 'Relationships' teaching and learning in Year 1

RL	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 5-6	<ul style="list-style-type: none">Know that everyone's family is differentKnow that there are lots of different types of familiesKnow that families are founded on belonging, love and careKnow how to make a friendKnow the characteristics of healthy and safe friendsKnow that physical contact can be used as a greetingKnow about the different people in the school community and how they helpKnow who to ask for help in the school community	<ul style="list-style-type: none">Can express how it feels to be part of a family and to care for family membersCan say what being a good friend meansCan show skills of friendshipCan identify forms of physical contact they preferCan say no when they receive a touch they don't likeCan praise themselves and othersCan recognise some of their personal qualitiesCan say why they appreciate a special relationship	<ul style="list-style-type: none">Who is in our family? Do any of your friends have a family that is different?What does 'being a good friend' mean?Who are you good friends?Who do you / don't you hug?Who can you ask for help at school? (In the class, in the playground, in the hall)Can we share a Calm Me time together?Can we share what we both like best about our family, and what we are grateful for?

During Term 6 the Learning for Life topic is 'Changing Me' which looks at coping positively with change appropriate to each year group. I will be sending further information about this content next term.

If you have any further questions or wish to see further teaching content for Term 5, please speak to myself or your child's class teacher.

Kind regards

Katie Stienlet

Reception Teacher & Learning for Life Lead