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 5

RL	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 9-10	• Know that a personality is made up of many different characteristics, qualities and attributes • Know that belonging to an online community can have positive and negative consequences • Know that there are rights and responsibilities in an online community or social network • Know that there are rights and responsibilities when playing a game online • Know that too much screen time isn't healthy • Know how to stay safe when using technology to communicate with friends	• Can suggest strategies for building self-esteem of themselves and others • Can identify when an online community / social media group feels risky, uncomfortable, or unsafe • Can suggest strategies for staying safe online/ social media • Can say how to report unsafe online / social network activity • Can identify when an online game is safe or unsafe • Can suggest ways to monitor and reduce screen time • Can suggest strategies for managing unhelpful pressures online or in social networks	• What online games do you like to play? Who do you play them with? • Do you ever talk to people you don't know online? • How do you know if people you talk to online are really who they say they are? • What would you do if you saw or heard something online that made you feel uncomfortable? • How much screen time do you think you should have every day? • How shall we spend some special family time?

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