



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 6

RL	Knowledge	Social and Emotional Skills	Questions for Family Learning
Ages 10-11	<ul style="list-style-type: none">• Know that it is important to take care of their own mental health• Know ways that they can take care of their own mental health• Know the stages of grief and that there are different types of loss that cause people to grieve• Know that sometimes people can try to gain power or control them• Know some of the dangers of being 'online'• Know how to use technology safely and positively to communicate with their friends and family	<ul style="list-style-type: none">• Recognise that people can get problems with their mental health and that it is nothing to be ashamed of• Can help themselves and others when worried about a mental health problem• Recognise when they are feeling grief and have strategies to manage them• Demonstrate ways they could stand up for themselves and their friends in situations where others are trying to gain power or control• Can resist pressure to do something online that might hurt themselves or others• Can take responsibility for their own safety and well-being	<ul style="list-style-type: none">• What is mindfulness?• What tips can you give me for taking care of my own mental health?• What is the grief cycle? Do you have any tips for dealing with grief?• Who do you talk to online? What would you do if they said something that you didn't like?• How do you know if a website is genuine?

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