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|  | **Grangetown Primary School** |  |
|  | Grangetown Primary |  |
|  | St Georges Road |  |
|  | Grangetown |  |
|  | MIDDLESBROUGH |  |
|  | North Yorkshire |  |
|  | TS6 7JA |  |
| 24 October 2019 | Email: office@grangetownprimary.org.uk |  |
|  |  |
|  | Phone: 01642455278 |  |
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|  |  |  |



Throughout our PSHE curriculum, we will be covering a range of themes. We are just sending this letter out to inform you of what your child will be learning this year.

**PSHE OVERVIEW YEAR 5 & 6**: The learning opportunities for each core theme have been grouped together into topics.



**CORE THEME 1:** Health and Wellbeing



**Topic Areas: Healthy Lifestyles**

* Balanced lifestyles, Health and Wellbeing
* Healthy Choices

**Keeping Safe**

\*All aspects of safety;

\*Safety of ourselves

\*Safe use of mobile phones

\*Online Safety and Outside Safety

**Growing and Changing**

\*Change, Transition, Loss, Separation, Bereavement

\*Puberty, Physical and Emotional changes

\*Managing Feelings

**CORE THEME 2:** Relationships



**Topic Areas: Feelings and Emotions**

\*Recognising feelings and feelings of others.

**Healthy Relationships**

\*Positive Relationships

\*Acceptable / Unacceptable touching

**Valuing Difference**

\*Respect

\*People, Equality, Discrimination

**CORE THEME 3:** Living in the wider world



**Topic Areas:** Rights and Responsibilities

\*Children’s Rights / Human Rights

\*Taking care of the environment

\*Diversity

\*Anti-Social Behaviour