

## Healthy Lifestyles

At Holly Hill we not only promote healthy living during PSHE lessons but also during our Health Week which we hold every year. From Reception to Year 2 your child will learn:

- How to make simple choices that improve their health and well-being
- How to maintain personal hygiene
- How germs can spread and how to stop this happening
- The names of the main parts of the body.

## How can I help my child?

The PSHE Development of your child is achieved by us working together. It would help your child if you could talk to them about what they have learnt in PSHE and if you have any concerns about the curriculum we would always welcome your comments.

Mrs C. Smith (PSHE Co-ordinator)

Holly Hill Infant and Nursery  
School



# PSHE

## What is PSHE?

Personal, Social and Health Education (PSHE) is an important part of the curriculum at Holly Hill. It deals with real life issues that may affect your child and helps all children to reach their full potential by providing them with important life skills.

## What will my child learn in PSHE?

The PSHE curriculum is made up of several areas:

- ⇒ Social and Emotional Aspects of Learning
- ⇒ Sex and Relationships
- ⇒ Keeping Safe/ Drug Education
- ⇒ Healthy Lifestyles

## Social and Emotional Aspects of Learning (SEAL)

At Holly Hill we believe that for your child to achieve their full potential they need to be taught important life skills such as managing their feelings and empathy. Your child will be taught these and other skills through 6 topics:

- New Beginnings
- Getting on and Falling Out
- Going for Goals,
- Good to Be Me
- Relationships
- Changes

By teaching these skills we hope to help your child to:

- Be confident in their learning
- Behave well
- Be happy at school
- Make positive relationships.

## Sex and Relationships (SRE)

At Holly Hill the SRE curriculum focuses relationships. From Reception to Year 2 they will be taught:

- There are special people in their lives
- We need certain skills to be a good friend
- Families are all different but all families care for one another
- There are people who can help them and to know when and how to ask for help.

## Keeping Safe/ Drug Education

At Holly Hill Drug Education begins in Reception and Year 1 where children learn about the importance of following rules to keep us safe. In Year 2 your child will learn how medicines can help us stay healthy but they can also be dangerous if they are not taken properly.