

# The Harmony Trust PSHE Newsletter

Autumn 2 2023

Learning in PSHE this half term is based around health and well-being and relationships education. Teachers will use Zippy and Apple modules to help with the teaching of friendships and relationships along with how your child can learn about self-care.

Early Years	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Taught across all areas of provision	<b>Feelings</b> <b>Zippy Module 1</b> - Sad/Happy - Angry/Annoyed - Jealousy - Nervous  <b>The Harmony Pledge</b> - Pledge Booklet - Character Competencies	<b>Making &amp; Breaking Relationships</b>  <b>Zippy Module 3</b> - Friendship - Conflict - Strengthening Relationships	<b>Healthy Lifestyles</b> - Exercise - Hygiene - Spreading of germs - Nutrition - Balanced Diet	<b>Physical, Emotional &amp; Mental Health</b> - Physical & Mental Health  <b>Feelings</b>  <b>Apple Module 1</b> - Our Feelings - How to feel better - Waking Up - Self-Awareness - Goal Setting	<b>Nutrition and Food</b> - Calories - Nutrition - Poor Diet - Healthy Diet - Balanced Diet - Vaccinations	<b>Changes</b> - Life Changes - Change  <b>Loss</b>  <b>Apple Module 5</b> - Loss - Family Relationships - Mental Health

## Zippy & Apple modules:


Zippy and Apple Friends is a social emotional learning programme which follows the tales of Zippy, the stick insect, and his owner Tig and Apple, the pet hamster.

It teaches your child **better coping strategies** (helpful ways to deal with everyday problems) and **better social skills** (how to communicate and get on with others).


It teaches your child that when you have a difficult feeling, like angry or sad your solution must stick to these two rules:

It also gives your child coping strategies.  
**Coping is what we do to make a bad situation better or to make us feel better about a situation.**

**Coping strategies should...**




improve the situation or make us feel better - or both



not harm you or anyone else

**2 Rules for Choosing a Good Solution**



It makes me feel better



It doesn't hurt me or anyone else

### Year 1

In Year 1, the children will learn about what it is like to feel sad, happy, angry, annoyed, jealous and nervous. They will learn how to cope with these feelings and will work through some different scenarios and how to deal with them.

### Year 2

In Year 2, the children will learn about what makes a good friend and what a healthy friendship is. They will also learn about how to deal with and cope with the feeling of loneliness and rejection.

### Year 4

In Year 4, the children will learn about how to cope with difficult feelings and situations and will learn how to identify their own feelings, making them more aware of themselves. They will also set themselves a goal to help them cope with their feelings.

### Year 6

In Year 6, the children will learn about how to deal with changes as a part of life. They will learn strategies on how to cope with death and loss. **If your child has suffered a loss in their life recently and the classteacher is not aware please let them know so we can talk to your child before the session.**

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If you have any further questions about your child's learning in PSHE, including Relationships and Health Education, please speak to your academy Principal or e-mail [info@theharmonytrust.org](mailto:info@theharmonytrust.org)

## Year 3

In Year 3, the children will learn about living a healthy lifestyle through planning and making healthy meals and the importance of exercise. They will learn about how they can stop germs spreading, including bacteria and viruses by washing their hands regularly.

## Year 5

In Year 5, the children will learn about the risks associated with a poor diet and healthy lifestyle. They know that if they eat well, exercise and look after their hygiene then they will feel good. They will develop their understanding of how to prevent the spread of germs and will learn about some facts relating to allergies, immunisations and vaccinations.

## Health & Well-Being:

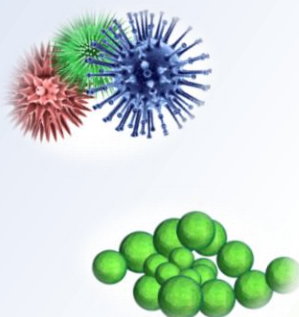
As part of the learning in Health and Well-Being, the children will learn about healthy lifestyles along with how to support their own physical and mental well-being. **Emotional health and well-being is about how we think and feel. It is about our sense of well-being, our ability to cope with life events and how we acknowledge our emotions as well as those of others.**

### You need to wash your hands!



## Year 6

In Year 6, the children will learn about mental ill health and how it might affect people. They will also learn how to seek help or advice if they feel unwell mentally.



### Mental health Help, advice and support



- Talk to trusted adult, such as a parent or teacher
- Call Childline 0800 1111
- [www.childline.org.uk](http://www.childline.org.uk)
- [www.mindfull.org](http://www.mindfull.org)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.izzy-info.com](http://www.izzy-info.com)

### Top tip:

Know who your trusted adults are. Tell them how you are feeling, no matter how big or small.



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