

PSHE & WELLBEING NEWS

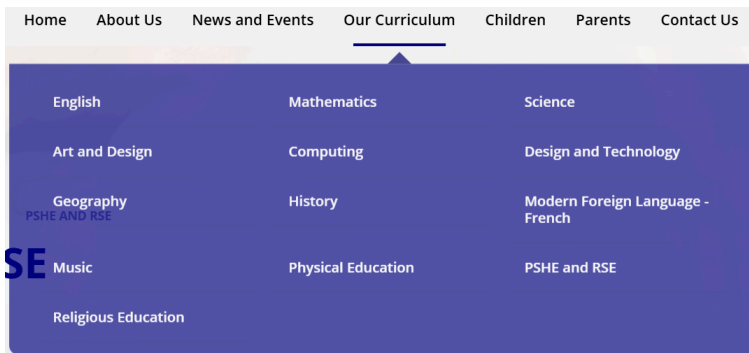
Spring 2026

Thank you to everyone who completed our recent PSHE parent survey. The survey showed that some topics can feel challenging to discuss at home. In upcoming newsletters, we will share resources and guidance to help support these important conversations. This edition focuses on 'Growing and Changing', which our oldest pupils will cover next term: Year 5 will learn about puberty, while Year 6 will revisit this and also cover reproduction. Further details will be shared by class teachers nearer the time. Some parents also requested clearer communication about what is being taught and when- this information is available on the school website, and we have signposted where to find it below.

Miss Lowrey 😊

School Website- PSHE Information

The 'Our Curriculum' section of the school website includes the PSHE policy and curriculum overview document split into half terms and detailing what is taught and when. Below is an image of the website page that you need to go to as well as the front page of the overview, open the document and the subsequent pages go into detail about the content taught.



PSHE Curriculum Map

	Who is behind the mask?		Why are jungles so wet and deserts so dry?	What is the secret of the standing stones?	How can we live more sustainably?	Beyond the Magic Kingdom: what is the Sunshine State really like?
Year 3	How can we be a good friend?	Why should we eat well and look after our teeth?	What makes a community?	What are families like?	What keeps us safe?	Why should we keep active and sleep well?
	On our doorstep: how has Southbourne changed?	Why do some earthquakes cause more damage than others?	How did the arrival of the Romans change Britain?		Why do so many people live in megacities?	Who were the Anglo-Saxons and how do we know what was important to them?
Year 4	How can our choices make a difference to others and the environment?	How do we treat each other with respect?	How can we manage our feelings?	What decisions can people make with money?	What strengths, skills and interests do we have?	How can we manage risk in different places?
	What is a river?	What did the Vikings want and how did Alfred help to stop them getting it?	The story of the Trojan Horse: historical fact, legend or classical myth?		How is climate change affecting the world?	How do volcanoes affect the lives of people on Hiemaey?
Year 5	What makes up a person's identity?	How can drugs common to everyday life affect health?	How can friends communicate safely?	How can we help in an accident or emergency?	What jobs would we like?	How will we grow and change?
	Who are Britain's national parks for?	Why was winning the Battle of Britain in 1940 so important?	Why are mountains so important?	Why did the Ancient Maya change the way they lived?	Why is fair trade fair?	
Year 6	How can we keep healthy as we grow?		How can the media influence people?		What will change as we become more independent? How do friendships change as we grow?	

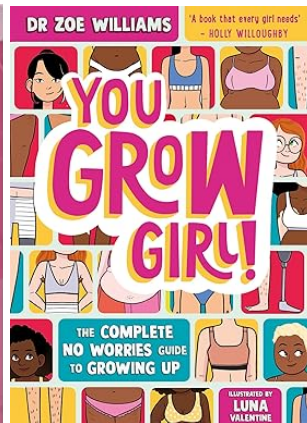
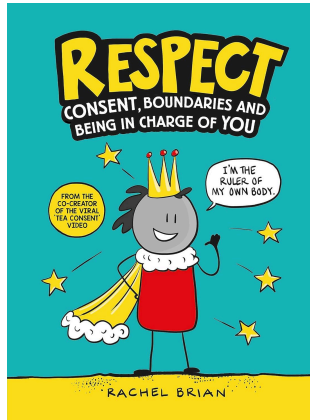
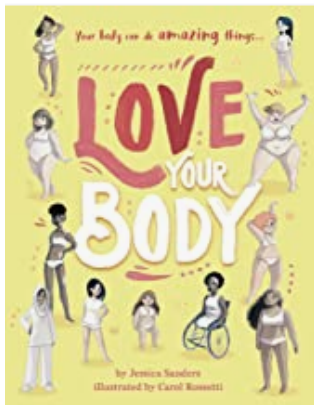
Health and Wellbeing

Relationships

Living in the wider world

Growing up: Books to start the conversation

Below is a small selection of the many supportive books available to help pupils as they begin to navigate growing up and puberty. These books are designed to provide clear, reassuring information and to help children understand the changes they may experience. Recommended reading ages for these books vary, we encourage parents and carers to read the books themselves first. You know your child best and this allows you to decide whether the content feels appropriate for them at this stage. Reading the books in advance can also help you feel more prepared to answer any questions your child may have and to start open, supportive conversations about the topics they encounter while reading.



Recommended Reads for Parents

I recently read *In Between* by Sarah Ockwell-Smith and the *Growing Up* guide to puberty by Dorling Kindersley. Both are full of practical tips and reassurance. As a parent of a 9-year-old in that 'in-between' stage, I'd highly recommend them to parents navigating the ups and downs of the tween years!



Exciting News: Meet Our New School Wellbeing Pet!

After the Easter holidays, we're thrilled to welcome a new school pet—a hamster named Nugget! We believe having a small pet will bring lots of educational, social and emotional benefits. Our hamster will help pupils develop empathy, responsibility, confidence and emotional regulation, while supporting our caring school ethos.

The hamster's welfare and everyone's safety are our top priorities. We have a detailed Pet Hamster Policy and Risk Assessment to ensure proper care, hygiene and supervision. Parents and carers can read the full policy and risk assessment on the school website. If your child has any allergies to small rodents or if you have questions, please contact the school office. We can't wait to see the positive

impact our new furry friend will bring to school life!

Safe, Trusted Health Apps for Your Family

The [Sussex ORCHA Health app library](https://sussex.orchahealth.com/en-GB) offers a hand-picked selection of safe, high-quality health apps, all independently reviewed and clinically assessed. Developed in partnership with ORCHA, this resource gives parents access to trusted digital support for a range of health needs — from managing everyday wellness to specialised programs, such as stop-smoking aids. It's a simple, safe way to bring extra support into your family's wellbeing routine. <https://sussex.orchahealth.com/en-GB>



Have Your Say on Children and Digital Technology

The government is seeking views on how children use digital technology, including social media age limits, reducing risky features like infinite scrolling and simpler parental controls. A dedicated version of the consultation is available for children, with a separate version for parents and carers. We would encourage you to participate to help shape safer online experiences for our children.

Survey for parents: <https://survey.savanta.com/?id=a957374a58Sa03ba4b9&lng=en-G>

Survey for children age 10-21: <https://survey.savanta.com/?id=3194f31681S2a727403&lng=en-GB>