



# Heartwood Church of England VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman  
Deputy Headteacher Mrs Kelsey McKenna

Friday 27<sup>th</sup> March 2026

Dear Parents/Carers,

In Life skills next term, we will be learning about **What helps us to grow and stay healthy?**  
Below will explain what will be taught each week and what vocabulary will be used.

Session Focus		Key Vocabulary
W/C 13 <sup>th</sup> April	Online Safety: Health, Wellbeing and Lifestyle simple guidance for using technology in different environments and settings (e.g. accessing online technologies in public places and the home environment).	Danger, Risk, Happy, Healthy, Safe, Rule, Trusted adult
W/C 20 <sup>th</sup> April	Private body parts <ul style="list-style-type: none"> <li>Learn what private means.</li> <li>Learn what private parts are.</li> <li>Consider how we can keep private parts, private.</li> </ul> Develop skills of respect.	Private, body parts, vagina, vulva, penis, testicles, nipples, buttocks, bottom, anus
W/C 27 <sup>th</sup> April	How can I look after my body? <ul style="list-style-type: none"> <li>Learn why looking after our body is important</li> </ul>	Healthy, Energy, Sleep Rest, Physical activity, hygiene,
W/C 4 <sup>th</sup> May	That eating and drinking too much sugar can affect their health, including dental health	Dental health
W/C 11 <sup>th</sup> May	How to be physically active and how much rest and sleep they should have everyday	Sleep Physically active
W/C 18 <sup>th</sup> May	PANTS NSPCC- Link to NSPCC PANTS video  Childline- 0800 1111- Link to Childline video 	Safe adult, Upsetting, Worrying, No

If you have any questions, please do not hesitate to get in contact.

Kind regards, Mrs Cornwell