



Heartwood Church of England VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF
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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Monday 13th April 2026

Dear Parents/Carers,

Our life skills topic this half term is titled, 'Who helps to keep us safe?' and is linked to keeping ourselves safe in the community as well as learning about people that can help keep us safe too. We will also have our half termly lessons about online safety and PANTS.

Below will explain what will be taught each session and some of the vocabulary that will be used.

Session Focus	Key Vocabulary
Session 1 <p style="text-align: center;"><u>Online Safety:</u> Online bullying I can understand what bullying is. I can identify the differences between bullying and being unkind.</p>	Internet, Access, Information, unkind, bullying
Session 2 <p><u>How to stay safe and who can help if you feel unsafe.</u> To identify some everyday dangers. To understand that many rules are there to keep us safe. To know what to do if I feel unsafe.</p>	safe, unsafe, danger, rules, hurt, protect, help, trusted adult
Session 3 <p><u>How to keep myself safe in different situations with people you don't know.</u> To identify risks in different situations. To know what to do if I feel uncomfortable in a situation. To understand ways that I can stay safe from strangers online. To understand how to respond safely to adults they don't know</p>	stranger, safe, unsafe, risk, danger, harm, unfamiliar, uniform, badge, e-Safety, online, internet, rules, trusted grown-up
Session 4 <p><u>How to stay safe when you are out and about.</u> To understand how to stay safe around roads and other busy areas. To identify other dangers, I might face when I am outside. To know who can help them if they are in danger. To understand who can help them in different places and situations. To know how to attract someone's attention or ask for help.</p>	safe, unsafe, danger, hazard, emergency, help, protect, road, traffic, fire, water, rail, stranger
Session 5 <p><u>Who to go to if you need help</u> To identify that people have different roles in the community to help them. To understand that different people can help to keep me safe.</p>	safe, help, special, people, emergency services, support, rules, 999



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	To understand how to get help if there is an accident and someone is hurt, including how to dial 999 in an emergency and what to say To know how those people keep me safe. To know how to help those people keep me safe.	
Session 6	 PANTS NSPCC- Childline- 0800 1111-	Childline, Safe, adult, Upsetting, Worrying, No

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

Kind regards,
Mrs Allen