



Heartwood Church of England VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Friday 22nd May 2026

Dear Parents/Carers,

In Life skills next half term, we will continue to learn about **what helps us to grow and stay healthy** and also **looking at feelings**. We will also do our half termly review of the NSPCC PANTS rule and Childline. Below will explain what will be taught each week and what vocabulary will be used.

Session Focus		Key Vocabulary
W/C 1 st June	Online Safety: Health, Well being and lifestyle: Using technology, following our rules, family rules	Danger, risk, happy, healthy, safe, rule, Trusted adult.
W/C 8 th June	that there are different ways to learn and play; how to know when to take a break from screen-time	Screen time.
W/C 15 th June	how sunshine helps bodies to grow and how to keep safe and well in the sun	Sunburn, Sun, healthy, UV rays
W/C 22 nd June	PANTS NSPCC- Link to NSPCC PANTS video  Childline- 0800 1111- Link to Childline video 	Safe adult, Upsetting, Worrying, No
W/C 29 th June	We all have feelings	Feelings; mood; times of change; loss and bereavement; growing up
W/C 6 th July	Good and not so good feelings	Feelings; mood; times of change; loss and bereavement; growing up
W/C 13 th July	Big Feelings	Feelings; mood; times of change; loss and bereavement; growing up

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

Kind regards, Mrs Cornwell