



Heartwood Church of England VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Thursday 3rd September 2026

Dear Parents/Carers,

In Life skills next half term, we will continue to learn about **Mental Health and Wellbeing**. We will also do our half termly online safety lessons. Below will explain what will be taught each week and what vocabulary will be used.

Session Focus		Key Vocabulary
W/C 7 th September	Online safety: Online relationships	Communication, risk, sharing, permission, pressure, agree
W/C 14 th September	Noticing and naming feelings	Feelings, pleasant, unpleasant
W/C 21 st September	Different distractions	Distractions, helpful, unhelpful
W/C 28 th September	Changing thoughts and feelings	Feelings, notice, attention
W/C 5 th October	Managing unhelpful thoughts	Feelings, behaviour,
W/C 12 th October	Reactions and responses	Reactions, responses, situations, thoughts
W/C 19 th October	What happens when things change?	Change, loss, relationship

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

Kind regards,
Mrs Cornwell



'Live life in all its fullness'
John 10:10