



Heartwood Church of England VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Dear Parents/Carers,

This half term, our Life Skills learning will focus on **mental health and wellbeing**, building on the learning in Year 3. Children will develop their understanding of self-regulation strategies and explore factors that can support their wellbeing.

Throughout the half term, children will develop their understanding of emotions, explore different ways to manage worries and learn strategies to help them feel calm. We will also explore how people experience and manage change and loss.

We will also have our half-termly lessons on PANTS (Underwear Rule), Childline and Anti-Racism.

<u>Week commencing</u>	<u>Learning</u>
3rd September 2026	PANTS (Underwear Rule) / Childline
7th September 2026	Describing emotions
14th September 2026	Understanding internal and external distractions
21st September 2026	Exploring different thinking habits
28th September 2026	Different ways to manage worries
5th October 2026	Strategies for calm
12th October 2026	Change, Loss and Grief: How do people manage change and loss?
19th October 2026	Anti-Racism

If you have any questions about the content we will be covering, please do not hesitate to get in contact.

Kind regards,

Miss Hailstone



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