

# PSHE and RHE AT F&B

## Spring newsletter – Year 2

Dear parents,

Welcome to this term's PSHE and RHE newsletter.

**PSHE - Personal, Social, Health and Economic Education**

**RHE - Relationship and Health Education**

To teach PSHE and RHE, we use the program SCARF. Your child might be able to tell you what each letter stands for! SCARF lessons are often linked to Harold, the happy, healthy giraffe, who you can see at the bottom of this newsletter. Your child will have seen Harold in lessons, in class and in assemblies.

SCARF lessons for Spring term:

SCARF Year 2 content	
<b>Spring 1 – Keeping <u>safe</u></b> Harold's picnic How safe would you feel? What should Harold say? I don't like that! Fun or not? Should I tell?	<b>Spring 2 – Rights and respect</b> Getting on with others When I feel like erupting Feeling safe Playing games Harold saves for something <u>special</u> How can we look after our environment?

After the 'Keeping Safe' unit, the Year 2 children should be able to

- understand that medicines can sometimes make people feel better when they're ill;
- give examples of some of the things that a person can do to feel better without use of medicines, if they are unwell;
- explain simple issues of safety and responsibility about medicines and their use.

After the 'Rights and Respect' unit, the Year 2 children should be able to

- describe and record strategies for getting on with others in the classroom.

At home, you can help your child to achieve these outcomes by talking to them and asking them questions: Who uses medicines? Where do we get and store them safely? Do you remember when you used medicines? Do you always need medicines or are there other ways that can help us feel better? (fresh air, drink water, cold compress, exercise)

Talk with your child about getting on with others: What makes a good friend? How do we treat people we care about. Will someone still be your friend after an argument? Which strategies do we know that can help us when we're angry? Who can you go to when you feel worried, sad or scared at school, home and clubs you go to? What would you do if that person is really busy?



Help your child stay safe online, talk about the dos and don'ts, always keep an eye on what they are doing online and use [these](#) resources for support and help.

If you have any questions about the above or would like more information, please don't hesitate to contact me.

Mrs Potma, PSHE and RHE subject lead