



Ms Sue Lovecy, Head of School

24 June 2025

**Year 1 Well Being PSHE Programme**

Dear Parents and Carers,

As part of our Well Being PSHE topics this half term, we will be covering the following areas:

- Choosing what happens to my body
- Making healthy choices about sleep and exercise
- Making healthy choices about food and drink
- Know how to keep my body clean
- Know what is safe to eat and drink
- Choosing to keep my body and mind healthy and safe.

If you have any questions or concerns, please speak to your child's class teacher.

Yours sincerely,

Mrs C. Jones  
Deputy Headteacher

**ST MARTINS SCHOOL**

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