

St Martin's Church of England Primary School

'Learning together, achieving together'



KALEIDOSCOPE
Multi Academy Trust



Executive Headteacher: Mrs Elliott

Head of School: Mrs Thomas

26th February 2025

Dear Parents/Carers,

PSHE and Health Education

At St Martin's, we place a special emphasis on the physical and mental health of the pupils within our care. In support of this, we deliver weekly lessons on PSHE, which covers many aspects of social, emotional and physical development. As of September 2020, some aspects of PSHE have become statutory. These include aspects of Health education.

We have been delivering our PSHE curriculum through a program called Jigsaw. The theme across the school for Term 4 is 'Healthy Me'. As part of the Healthy Me topic, children will learn about some aspects of drugs-awareness.

The Statutory Guidance (page 34) on Drugs, Alcohol and Tobacco states that by the end of Primary School...

'Pupils should know

• the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.'

This will be covered in 1-2 lessons this term in each year group. Parents have asked in the past to be made more aware of what is being taught in this area and when so that they can be prepared for any questions which may come home. Children will also have opportunities to ask questions in class.

This is a brief overview of what is being covered in each year group. Teachers will send a Ping home to let you know exactly when it is being taught.

Year Group	Coverage. To know:
Reception	Drugs, Alcohol and Tobacco are not covered.
Y1	To know: *That medicines are kept out of reach of children to keep them safe. *That medicines can help if people are poorly, how to use them safely and who should give us medicines.
Y2	To know: *That medicines are useful drugs which help us. *How to take medicines safely and who can give them to us.
Y3	To know: *That medicines are drugs which help our bodies when taken properly. *Drugs which they know. That some drugs (not medicines) are not good for us. Children will hear a story about some children who find a bag of drugs – what should they do? *This unit includes pictures of medical tablets, white powders, needles and roll-up cigarettes.

"though many, we make up one" (1 Corinthians, 12:12)

Cont/d...

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Y4	<p>To know:</p> <p>*Smoking: Facts about smoking and its effects on health. We will look at some of the reasons some people might start to smoke through scenarios including peer pressure. Images of: E-cigarettes and vaping.</p> <p>*Alcohol: Facts about alcohol and its effects on health; particularly the liver. Pictures of the liver. We will discuss some of the reasons some people drink alcohol and alternative ways to unwind.</p>
Y5	<p>To know:</p> <p>*Smoking: the factual risks of smoking cigarettes / vaping and how it can affect the lungs and health in general.</p> <p>*Alcohol: Some of the factual risks of abusing alcohol.</p> <p>*How it can effect behaviour (anti-social or dangerous behaviour) , the lungs, heart and the liver. A story based on teenagers is used to illustrate this.</p>
Y6	<p>To know:</p> <p>*How to make healthy choices based on previous learning including smoking/ vaping/ drugs/ alcohol.</p> <p>*Smoking – peer pressure.</p> <p>*Drugs: What are drugs? To know about different types of drugs, their uses and their effects on the body- particularly the liver and heart.</p> <p>*Which drugs do they know? This may include: Prescribed drugs/ medicine Unrestricted drugs such as caffeine, Restricted drugs such as alcohol/ smoking Illegal drugs such as heroin, ecstasy and LSD.</p> <p>*The dangers of illegal drugs which may harm the body – especially the liver and heart.</p> <p>*That not following the instructions on prescribed medicines can cause harm too.</p> <p>*Why people might take drugs which could be bad for them.</p>

The content is built up slowly throughout the school. We want to give children a good basis of facts so that when they are older, they are well informed to support the decisions they make. The information is at a child based level.

We hope this information is useful to you. We have successfully taught these units in previous years. For more information, please see our PSHE Policy.

Thank you!

L Hodge

Louise Hodge

PSHE Co-Ordinator