



CARLETON PARK
J & I SCHOOL

Carleton Park J & I School
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Wednesday 1st March 2023

Dear Parents and Carers,

As part of the compulsory KS1 and KS2 Personal, Social and Health and Economic (PSHE) curriculum, after half term we will be learning about Internet safety and mental wellbeing. This is in line with the DFE guidance on Relationships and Sex and Health Education (RSE).

Pupils will be taught about the benefits and importance of caring for their mental wellbeing. Pupils will have the understanding and language needed to recognise and report concerns about their own and other people's mental health. They will also learn about some risks and benefits of the Internet and consider appropriate and respectful content, contact and conduct.

Within PSHE/RSE this half-term, they will learn that:

KS1

- The Internet is a helpful invention but it can be harmful.
- Mental health means feeling good about yourself and the world around you.
- It is normal to feel a range of emotions.

LKS2

- There are laws and age restrictions to keep under eighteens safe from online content.
- Respect is as important online as it is offline.
- We should be sceptical when reading and evaluating online information.
- Excessive use of electronic devices can impact our mental and physical wellbeing.
- Bullying can have a negative and long-lasting impact on our mental wellbeing.

UKS2

- The internet can be used for research, communication and gaming but can also be a place where online abuse, bullying and harassment can take place.
- Radicalisation is the process through which a person comes to support or be involved in extremist ideologies.
- Digital content is content which can be shared online, there are laws surrounding what can be shared online.
- Mental wellbeing is a combination of how we feel and how we function.
- Poor mental wellbeing, can affect physical health and those around us.
- Isolation can lead to poor mental wellbeing.
- Belonging to a community helps to prevent loneliness and boost mental wellbeing.

This half-term we will also be spending our drop-down afternoon away from our normal curriculum, focusing on Consent and Boundaries. Pupils will be reminded of the meanings of consent, boundaries and privacy. They will understand the importance of these and consider ways in which they can report uncomfortable feelings linked to feeling unsafe.

Children learn the majority of their knowledge from in the home so please take the time this half-term to discuss and make choices that support your child's mental wellbeing. Please also take the time to consider and discuss your feelings, as a family, of screen time and the impact it can have. As always, if we can support you further in any way, please speak to your child's class teacher or your school's PSHE lead.

Sincerely,

Mrs Thorpe

Yours faithfully,

A handwritten signature in black ink, appearing to be 'J Ayre', with a long, wavy horizontal line extending to the right.

Mr J Ayre
Headteacher