



**CARLETON PARK**  
J & I SCHOOL

**Carleton Park J & I School**

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Dear Parents/Carers,

As part of the compulsory KS1 and KS2 Personal, Social and Health and Economic (PSHE) curriculum, we will be learning about online relationships 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:

**Reception KS1 (Y1 & Y2) will learn that:**

- Always tell an adult if you are worried or upset by something you see online.
- It is important to be respectful to others when online.

**LKS2 (Y3 & Y4) will learn that:**

- Keep safe online by not giving out personal information and not meeting online friends.
- Cyberbullying can have a negative and long-lasting impact on our mental wellbeing.
- Exercise, sleep, and diet can impact our wellbeing.

**UKS2 (Y5 & Y6) will learn:**

- Inappropriate online behaviour and content should be reported to services such as CEOPS or Childline.
- We can stay safe online by not sharing personal information, not meeting online friends, and not accepting files or messages from people we don't know.
- Mental wellbeing means feeling good about yourself and it affects how we think, feel, and act.
- Cyber bullying can have a negative and long-lasting impact on our mental wellbeing.

In the next half-term we will also be spending our Insight Afternoon focussing on Tolerance and Mutual Respect. Pupils will be discuss the importance of these British Values and think of ways we can show tolerance and respect for others.

We know that a lot of what children learn comes 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, about 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.

Yours sincerely,

**Mrs Humphreys**

Assistant Headteacher, Designated Safeguarding Lead, SENCO & PSHE Lead