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Small Schools, Big Opportunities

23rd May 2025

Dear Parents/Carers,

What's Coming Up: Teaching of PSHE, RSE and Outdoor Learning during the Summer Term

We want our children to grow up feeling confident, healthy and ready for whatever life brings. Our PSHE (Personal, Social, Health and Economic) lessons help them make sense of their bodies, their feelings and their relationships in a way that's age-appropriate and meaningful. Each term, we focus on a different area of PSHE. This half term, we'll be exploring physical health and wellbeing — looking at everything from healthy habits and food choices to how we look after our bodies and help others when they're hurt. We'll also be teaching Relationships and Sex Education (RSE), as we do each year in the second half of the summer term.

To make these important lessons even more engaging, we're also introducing something new — **Navigating the Wild**. This is a two-week outdoor learning project, beginning on Monday 16th June, which gives children the chance to learn through nature, movement and play. It's designed to support not just physical health, but emotional wellbeing too — helping children feel calm, confident and connected through time outdoors.

Navigating the Wild – 16th to 27th June

From Monday 16th June, children will spend more time outdoors as part of this exciting project. The aim is to support their:

- Physical health – by being active and moving in nature
- Emotional wellbeing – with calming, sensory experiences
- Social development – through teamwork and imaginative play

Many children spend a large part of their day indoors, both at home and in school. While this is often unavoidable, research shows that regular time spent outside can have a powerful impact. Being in nature has been shown to boost mood, improve sleep and concentration, and help reduce stress — all of which help children feel more settled and ready to learn.

Recent studies have shown that more children are experiencing anxiety and stress, which can be linked to the fast pace of everyday life and the many demands they face, both in and out of school. Outdoor learning can offer a healthy balance — giving children the time and space to move, play, explore and be creative. It helps them connect with nature, take a breath from busy routines and simply enjoy being children.

Navigating the Wild is all about stepping outside the classroom, moving freely, working together and learning in a hands-on, meaningful way. Over the two weeks, children will take part in activities such as: den building, outdoor obstacle courses, bug hunting, storytelling, team games and more. These experiences aren't just fun — they help children build confidence, develop resilience and feel part of something special.

We've included an information page with this letter that explains more about what the project involves and why we're so excited to bring it to life.

PSHE Focus: Physical Health and Wellbeing (Including First Aid)

As well as taking part in Navigating the Wild, children will continue learning key PSHE lessons in class. This half term's focus on physical health and wellbeing links really well with our outdoor project, and some lessons will be taught as stand-alone sessions while others will be woven into the activities the children do outside.

Children will be learning about:

- making healthy choices with food and drink
- why daily movement is important for our bodies and minds
- how adverts and packaging can influence what we choose to eat
- using medicines safely, with adult support
- basic first aid, including how to help someone who is hurt or feeling unwell

These lessons are always taught in a gentle and age-appropriate way, encouraging children to ask questions and think about how they can look after themselves and others.

Relationships and Sex Education (RSE)

We teach RSE using a spiral approach, which means children revisit key themes as they move through school, building on what they already know and deepening their understanding each time. All lessons are carefully planned to suit children's ages and needs, and they're taught by trusted staff who know your child well.

We will be sharing an overview of the lesson content so you can see exactly what will be covered and when. This also includes some helpful tips for having follow-up conversations at home, so you feel confident and involved in what your child is learning.

Parents have the right to withdraw their child from the non-statutory parts of sex education. However, children cannot be withdrawn from Relationships Education or the biological elements taught through the science curriculum. More details can be found in the attached information, and our full RSE policy is available on the school website.

Keeping You Informed

We really value working in partnership with our families. If you have any questions or would like to talk more about PSHE, RSE or our Navigating the Wild project, please don't hesitate to get in touch. We're always happy to chat, share resources or answer any concerns.

Thank you, as always, for your support. We can't wait to see the children throw themselves into this summer's adventures and create some truly special memories.

Yours sincerely

AIM Federation Teaching Team