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Principal: Mrs H Young

Dear Parents and Carers,

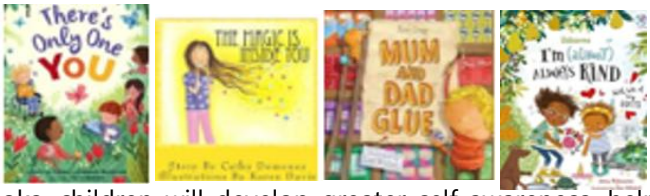
This half term in **PSHE**, our theme is **Self-Awareness**.

Children will learn about the following topics:

Mental fitness:
- Self-Identity and Self Awareness

Social fitness:
- Families
- Caring Friendships

Physical fitness:
- Healthy Eating



Through carefully chosen, age-appropriate books, children will develop greater self-awareness, helping them build confidence, recognise their strengths, and develop positive self-esteem and self-worth. They will learn to celebrate differences, show respect for others, recognise their inner cheerleader and inner critic, and avoid comparing themselves to others.

We will explore the importance of families and how every family is unique, while sharing the common foundations of love, care and protection. Children will consider how self-awareness can help them contribute positively to their family relationships and show kindness and appreciation to those around them.

The children will also learn about the qualities of healthy friendships, including kindness, loyalty, honesty, trust and respect. They will explore how self-awareness helps them make positive choices, build strong relationships and manage friendship challenges.

Finally, children will learn how healthy eating supports both physical and mental wellbeing. They will develop an understanding of balanced nutrition and how the choices they make can help their bodies and minds work effectively.

We look forward to supporting your children as they develop the knowledge, skills and understanding needed to thrive both in school and beyond.

Kind regards,

Mrs Williams

PSHE Leader

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