



RSHE NEWSLETTER

'ME AND MY WORLD'

RECEPTION- AUTUMN 1



This term in Reception, we will be learning about ourselves, our relationships and how we belong through our RSHE programme, Life to the Full.

Children will develop an understanding of their own identity and individuality, learning to value differences and build self-awareness while being introduced to online safety.

See below for our topics for this half-term and key learning.

Life to the Full: I Am Me



- I can say what makes me special
- I can talk about things I like
- I know that I am unique

01

British Values: Respecting Differences

- I can notice differences between people
- I understand that differences are good
- I can show respect to others



02

Life to the Full: Who's Who?

- I can name people who care for me
- I know who I can go to for help
- I can talk about my family

03

Life to the Full: Handmade with Love

- I know that everyone is special
- I understand that we are all different
- I can talk about why people are important



04

Life to the Full: What is the Internet?

- I know the internet is something people use on devices
- I understand I need help from an adult to use it
- I know to tell an adult if something worries me

05

Show Racism the Red Card

- I understand that everyone should be treated fairly
- I can show kindness to others
- I know unkind behaviour is wrong



06

Useful links

Feelings and Wellbeing- BBC Bitesize, Feelings (Early Years): <https://www.bbc.co.uk/bitesize/articles/z4q4bdm>

Online Safety- ThinkUKnow: <https://www.thinkuknow.co.uk/parents/>

NSPCC Online Safety: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Kindness & Relationships- Anna Freud Centre: <https://www.annafreud.org/parents-and-carers/>



HOW YOU CAN HELP AT HOME

- You can support your child by:
 - Talking about your family and special people
 - Encouraging kindness and sharing
 - Naming feelings (happy, sad, worried, excited)
 - Discussing differences positively
 - Reminding children to always tell a trusted adult if worried

