



RSHE NEWSLETTER

'ME AND MY WORLD'

YEAR 2 - AUTUMN 1



This term in Year 2, 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: Treat others well and be respectful

- I can say how to treat others well
- I can show respect to others
- I can say why being kind is important



01

British Values: Understand what democracy means

- I can say what democracy is
- I can give examples of democracy
- I can say why democracy is important



02

Life to the Full: God loves you

- I know that God loves each person
- I can say how this makes me feel
- I can say how we show love to others



03

Life to the Full: Susie gets angry (World Mental Health Day)

- I can say how feelings can change
- I can say what might make someone angry
- I can say what can help when I feel angry



04

Life to the Full: Real life Online Safety – Keeping things private online

- I can say what personal information is
- I can say why we keep things private online
- I can say who can help me if I am worried



05

Show Racism the Red Card

- I understand that everyone should be treated fairly
- I can show kindness to others
- I can say why racism 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

Talk to your child about how to be kind and respectful.
Encourage them to share their feelings and talk about what helps them when they feel angry.
Ask them about voting and why it is important.
Talk about keeping information private online and who they can ask for help.

