



RSHE NEWSLETTER

'ME AND MY WORLD'

YEAR 3 – AUTUMN 1



This term in Year 3, 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 Thankful

I can say what I am thankful for
I can explain why it is good to be thankful
I can show thankfulness to others



01

British Values: Understand what 'Rule of Law' means

I can say what the Rule of Law is
I can give examples of rules and laws
I can say why rules and laws are important



02

Life to the Full: You Don't Have to Be the Same

I can celebrate the things that make me unique
I can respect the differences in others
I can say why everyone is special



03

Life to the Full: What Am I Feeling? (World Mental Health Day)

I can name different feelings
I can say what might cause different feelings
I can say how to manage feelings



04

Life to the Full: Sharing Online

I can say what is safe to share online
I can say why we should ask before sharing
I can say how to get help 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

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/>

Useful links



HOW YOU CAN HELP AT HOME

Talk to your child about what they are thankful for.
Encourage them to notice and celebrate the things that make them unique.
Help them to talk about their feelings.
Remind them to be kind and respectful online and to ask for help if they are worried.

