



RSHE NEWSLETTER

'ME AND MY WORLD'

YEAR 5 – AUTUMN 1



This term in Year 5, 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: Emotional Changes

- I can name different emotions
- I can explain how my emotions can change
- I can develop strategies to manage changes in my emotions



01

British Values: Explore the changes some individuals have made and how some of our liberties have come about

- I can explain what liberty means
- I can explore changes some individuals have made
- I can say how these changes have impacted our lives today



02

Life to the Full: Under pressure

- I can identify what pressure feels like
- I can recognise different types of pressure
- I can develop ways to manage pressure in my life



03

Life to the Full: Body image (World Mental Health Day)

- I can explain what body image is
- I can recognise that bodies come in all shapes and sizes
- I can explain how to challenge negative body image



04

Life to the Full: Sharing isn't always caring

- I can explain what is appropriate to share online
- I can explore the impact of sharing without consent
- I can explain how to get help 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 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 their feelings and how to manage them. Encourage them to think about the impact of their actions online and in real life.
- Discuss how people have helped to make positive changes in our world.
- Remind them to be kind, respectful and to ask for help if they are worried about anything.

