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Dear Parent or Carer,

**For PSHE in the Summer term we are going to be covering the topics:**

*Being my Best  
Growing and Changing*

As part of your child's weekly lessons, they will explore these topics in more detail. The lessons will cover a variety of learning:

Nursery	Reception
<ul style="list-style-type: none"><li>- the importance of a healthy mind and healthy body</li><li>- understand and develop resilience in different situations</li><li>- understanding the life cycle of some animals and how they grow</li><li>- understand how we grow up and become less reliant on the adults around us</li><li>- understand the importance of families and how they may be different, but they are loving and keep us safe</li><li>- understanding basic first aid</li></ul>	<ul style="list-style-type: none"><li>- the importance of a healthy mind and healthy body</li><li>- understand the importance of resilience and perseverance in different situations</li><li>- understanding the life cycle of some animals and how they grow</li><li>- understanding how we grow up and are all have differences eg: heights, dislikes, families, beliefs,</li><li>- understanding basic first aid</li></ul>

By providing you with this information, it will allow you to support your child to discuss these topics at home as well. For further information, please see our PSHE page on our school website, which includes our RSE policy. If you have any questions in relation to the term's learning, please speak to your class teacher.

Yours Sincerely

Jennifer Wood (PSHE Lead)

