

Y1 PSHE NEWSLETTER

Welcome to the Y1 Autumn 1 edition of the PSHE newsletter. You will find lots of information about your child's learning.

In PSHE this half term we will be learning about: **Growing and Changing**

Who helped me grow?
Now I am growing what
can I do?



Is too much screen time bad for you?

Screen Time Overdose
The Silent Risk in your Kids Bedroom



Why is it important to have enough sleep?



Health and Wellbeing

What effect does exercise have on our bodies and why is it important?

