

Y3 PSHE NEWSLETTER

Welcome to the Y3 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: **Taking responsibility for my healthy lifestyle.**

I know what a healthy diet is.



I know the risks of spending too much time on electronic devices.



I know that lack of sleep can affect my weight, mood and how I learn?



I know the risks of being inactive. I know the benefit of exercise on mental well being and happiness.

