

# Y1 PSHE NEWSLETTER

Welcome to the Y1 Spring 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: **The Importance of Healthy Eating and Good Hygiene**

I know the importance of good dental hygiene.



I know the importance of handwashing.



I know what is a healthy diet.

I know the principals of planning a healthy meal.

