

# Y5 PSHE NEWSLETTER

Welcome to the Y5 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: **Healthy Lifestyles and Online Safety.**

I can say why we use the internet and how I feel about it.



I know the risks online friendships have and how to eliminate them.



I know how to value myself and others.



Helpguide's 6 Keys to Mental Health



I know what good emotional health and wellbeing looks like and ways of changing routines to promote it.