

PSHE Teaching in Reception



Dear Parents and Carers

In Reception this term, the theme for your child's learning in PSHE will be all about **'Being My Best'**.

As part of this theme...

- Children will be exploring the emotions linked to things going wrong and how to bounce back.
- They think about the things they can do and find out how healthy eating and enough sleep are important to keep you healthy.
- The children will be encouraged to develop their confidence to try new activities and will be encouraged to show independence and learn about the importance of resilience.

These lessons form part of our SCARF PSHE Scheme.

If you have any questions, please speak to or email your child's Class Teacher and they will be happy to help.

Thank you.