



PSHE



Welcome to the Year 3/4 PSHE newsletter. We hope you will find the information here useful. Please come and speak to us if you have any questions.

The focus for PSHE this term: Keeping Ourselves Fit and Healthy, including a healthy balanced, Diet, Expressing Opinions and Emotions. Year 4 girls will have a menstruation talk in this term as well as Care Week.



Key Learning

I know where food comes from
I know that fruits and vegetables are grown on plants and trees
I know that meat products come from animals
I know that I need protein to help me grow
I know that protein comes from meat, beans and nuts
I know that carbohydrates provide my body with energy
I know that carbohydrates come from bread, rice, pasta and potatoes.
I know that my body needs dairy to ensure I have strong teeth and bones.
I know that dairy produces are made from milk like cheese and yoghurt
I know that my body needs a small amount of fats and oils
I know that my body needs five portions of fruits and vegetables everyday to provide vitamins and vegetables.
I can identify a range of jobs linked to the production of food
I can plan a healthy meal for an event ensuring the meal is balanced.

Key Vocabulary

Animals Plants Food
Grown Fats Oils Sources
Dairy Product Farmed
Healthy Balanced
Eat-well plate
Carbohydrates
Protein



Key Vocabulary

Loss Lost Found Family
 Emotions Feelings Sadness
 Emotions Feelings Support
 Fear Reaction Separation
 Bereavement Anxious
 Frightened Confused
 Frustrated

Key Learning

I am able to identify the
 emotions linked to loss
 separation and
 bereavement

I am able to identify what I
 could do to help me if I lost
 someone close to me

I am able to talk about how
 it might feel if I got lost in
 a busy place

I am able to identify what I
 would do if I got lost in a
 busy place

I am able to identify places
 that I could get lost and
 how I could prevent this
 from happening

I know that there are many
 different types of families
 I know that families can
 change due to loss or
 separation