



Heartwood CE VC Primary and Nursery School

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Headteacher Mrs Rebecca Starman
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Summer Term 1

Dear Parents/Carers,

This half term, our Life Skills topic is titled '**Why should we eat well and look after our teeth?**' This unit is part of the Health and wellbeing section of our Life Skills curriculum. Alongside this, we will also include our regular half-termly lessons focused on keeping ourselves *safe and Online Safety*.

Session Focus		Key Vocabulary
Additional session Keeping ourselves safe	<p><u>PANTS/Childline</u> Pupils to understand that their body belongs to them and should not be hurt or touched without their permission; what to do and who to tell if they feel uncomfortable</p>	 Link to NSPCC PANTS video
Online Safety	<p><u>Online Reputation</u> Session 2 - How we can be seen online and why we need to keep information private</p>	Information Online Share Profile username
Session 1	<p><u>How to eat a healthy diet and the benefits of nutritionally rich foods.</u></p>	Healthy, diet, nutrition, lifestyle, balanced, food, choices.
Session 2	<p><u>Oral Hygiene</u></p>	dental, healthy, habits, hygiene, routine.
Session 3	<p><u>How not eating a balanced diet can affect health</u></p>	Cleaning, diet, techniques, strategies, influences.

We encourage you to discuss these topics at home to help reinforce the learning and support your child's understanding of healthy relationships and personal safety.

Thank you for your continued support.

Kind regards,

Year 3 Team



Learn to Love – Love to Learn!
'Live life in all its fullness.' John 10:10