



Heartwood Church of England VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF
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Headteacher Mrs Rebecca Starman
Deputy Headteacher Mrs Kelsey McKenna

Autumn Term 1

Dear Parents/Carers,

This half term, our Life Skills topic is titled '**Me, my friends and belonging**'. This unit explores themes of friendship and respect. Pupils learn about healthy friendships and ways to make others feel included. This unit is part of the Relationships section of our Life Skills curriculum. Alongside this, we will also include our regular lessons linked to online safety.

Below is an overview of what will be covered in each session, along with some of the key vocabulary we will be using throughout the unit:

Session Focus		Key Vocabulary
Session 1	Ground Rules for Life Skills sessions and meeting 'Our Class'	Rules, ground rules, respect, listening, non-judgement, opinion, safe, trusted adult.
Session 2	Friendship changes.	Friendship, friend, companionship, support, compromise, feelings, change, inclusion.
Session 3	When should you keep a secret and what makes a good friendship	friendship, trust, respect, kindness, support, secret, exclude, trusted adult
Session 4	Making New Friendships	friendship, loneliness, included, excluded, belonging, support, empathy, wellbeing
Session 5	Recognising Healthy	healthy friendship, unhealthy friendship, conflict, pressure, respect, responsibility, apology, forgiveness, compromise, boundaries, loyalty, trust, unkind behaviour, acquaintance, trusted adult
Online Safety	Online Relationships	Sharing Trusted adult Online

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



'Live life in all its fullness'
John 10:10



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