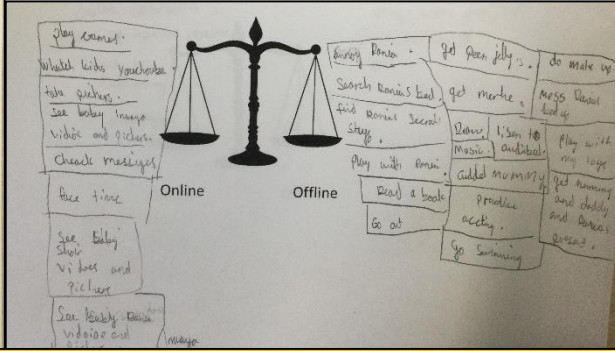
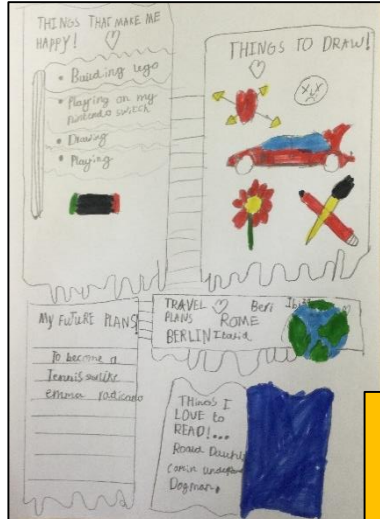


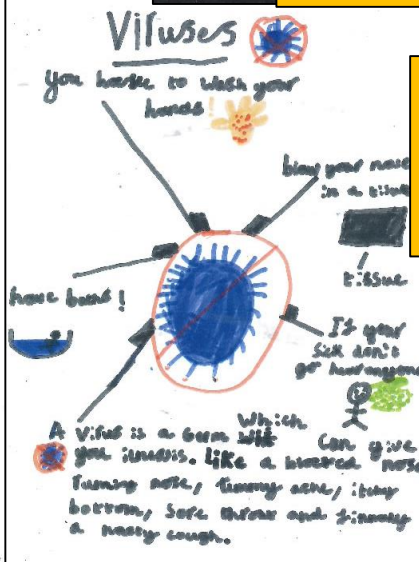
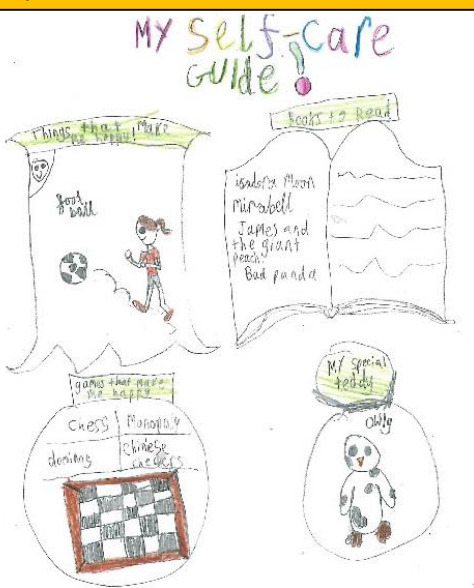
Year 3 PSHE Week - Spring 2023

Keeping Healthy and Safe

This week we learnt how to live a healthy and active lifestyle. We learnt all about...



Ways to look after our mental health and balance the time we spend on screens.



How everyday hygiene routines can protect us from viruses.

How we can stay safe online.



How to ride our bikes safely.

How the police can help us to stay safe.



Eating a healthy, balanced diet.

Using your knowledge of the Eatwell Guide, plan a healthy meal that includes all 5 food groups. Use the checklist to ensure you include everything you need.

