



GROWING TOGETHER • POSITIVE ATTITUDE • SUCCESS IN ALL WE DO

Dear Parent/Carer,

Re: Reception Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

We hope this leaflet gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE.

We will shortly be beginning some work in Reception about 'Healthy and Safer Lifestyles'. Our 'Healthy and Safer Lifestyles' topic covers some elements of Science and some Personal Social and Emotional Development (PSED)

Your children will be engaging with the following questions as part of this work:

- What does my body look like?
- How has my body changed as it has grown? (*What can I do now, that I couldn't do as a baby*)
- What can my body do?
- What differences and similarities are there between our bodies? (*This will cover correct 'scientific' naming of all external body parts, including external sexual parts*)
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?
- How can I be a good friend?
- Can I recognise and show my emotions?

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.

These are some useful sources of support:

To read the government guidance for Primary parents/carers on RSE, follow this link assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

For some ideas on how you might want to answer your children's questions go to www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb

For information on talking about RSE to your children, try www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it
www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of our programme defined as sex education i.e. learning about human conception and birth. **There are no elements of sex education taught in Reception, therefore all children will be required to take part in the learning listed above.** If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact your child's class teacher.

Yours sincerely,

Miss Hawkins (PSHE Lead)