

RECEPTION

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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in Reception about 'Growing and Changing'. Our 'Growing and Changing' 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 my body do?
- What differences and similarities are there between our bodies?
- 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 will be using the following vocabulary in the lessons:

Range of feelings words e.g. happy, pleased, calm, sad

Baby, child, girl, boy, size ,shape

Range of simple external body parts e.g. hands, head, teeth, penis, testicles , vagina , bottom

Range of action words e.g. run, jump, growing up, germs, male ,female

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.

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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.** Please contact the Head of School if you would like to discuss this. 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 faithfully, Mrs Kelly Thomas (PSHE Lead)

Dear Parent/Carer,

Re: Year 1 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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in Year 1 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, Relationships Education and Health Education.

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

- **What are the names of the main parts of the body?**
- What can my amazing body do?
- **When am I in charge of my actions and my body?**
- **How can I keep my body clean?**
- **How can I avoid spreading common illnesses and diseases?**

**Part of the National Curriculum for Science*

Bold from either of the statutory areas, Relationships Education or Health Education

We will be using the following vocabulary in the lessons:

penis, testicles , vagina , bottom
same, similar, different, unique, special, responsibility, birth, death,
range of more specific external body parts e.g. stomach, chest
man , woman, teenager, adult

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

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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 non-statutory sex education taught in Year 1.** If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs Thomas.

Yours faithfully, Mrs Kelly Thomas (PSHE Lead)

Dear Parent/Carer,

Re: Year 2 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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in Year 2 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, Relationships Education and Health Education.

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

- How do babies change and grow?*
- How have I changed since I was a baby?*
- What's growing in that bump?*
- **What do babies and children need from their families?**
- **Which stable, caring relationships are at the heart of families I know?**
- **What are my responsibilities now I'm growing up?**

**Part of the National Curriculum for Science*

Bold from either of the statutory areas, Relationships Education or Health Education

We will be using the following vocabulary in the lessons:

Penis , testicles , vagina , bottom

Same, similar, different, unique, special, responsibility, birth, death,

range of more specific external body parts e.g. stomach, chest

man , woman, teenager, adult

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

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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 non-statutory sex education taught in Year 2.** If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs Thomas.

Yours faithfully, Mrs Kelly Thomas (PSHE Lead)

Dear Parent/Carer,

Re: Year 3 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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in year 3 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, some Relationships Education and Health Education.

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

- **How are male and female bodies different and what are the different parts called?**
- **When do we talk about our bodies, how they change, and who do we talk to?**
- What can my body do and how is it special?
- **Why is it important to keep myself clean?**
- **What can I do for myself to stay clean and how will this change in the future?**
- **How do different illnesses and diseases spread and what can I do to prevent this?**

**Part of the National Curriculum for Science*

Bold from either of the statutory areas, Relationships Education or Health Education

We will be using the following vocabulary in the lessons:

Penis, testicles , vagina , bottom,

Breast, nipple, anus, scrotum, egg, sperm

Love, dependent ,independent, toiletries, bacteria ,infection, hygiene

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 their parents/carers about these issues.

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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 non-statutory sex education taught in Year 3.** If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs Thomas.

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.

Yours faithfully, Mrs Kelly Thomas (PSHE Lead)

Dear Parent/Carer,

Re: Year 4 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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in year 4 about '[Growing and Changing](#)'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our '[Growing and Changing](#)' topic covers some elements of Science, some Relationships Education and Health Education.

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

- What are the main stages of the human life cycle?*
- *How did I begin? (Sex Education)*
- **What does it mean to be 'grown up'?**
- **What am I responsible for now and how will this change?**
- **How do different caring, stable, adult relationships create a secure environment for children to grow up?**

**Part of the National Curriculum for Science*

Bold from either of the statutory areas, Relationships Education or Health Education

We will be using the following vocabulary in the lessons:

Penis ,testicles , vagina , bottom,

Breast, nipple, anus, scrotum, egg, sperm

Love, dependent ,independent, toiletries, bacteria, infection, hygiene

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 their parents/carers about these issues.

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs Thomas.

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.

Yours faithfully, Mrs Kelly Thomas (PSHE Lead)

Dear Parent/Carer,

Re: Year 5 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 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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in year 5 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, some Relationships Education and Health Education.

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

- **What are male and female sexual parts called and what are their functions?**
- **How can I talk about bodies confidently and appropriately?**
- **What happens to different bodies at puberty?**
- What might influence my view of my body?
- **How can I keep my growing and changing body clean?**
- **How can I reduce the spread of viruses and bacteria?**

Bold from either of the statutory areas, Relationships Education or Health Education

We will be using the following vocabulary in the lessons:

Commitment, marriage, stable relationship,

Puberty, Period, Menstruation, cervix, labia, fallopian tube, clitoris, ovary, vulva, vagina, uterus/womb, ovulation, sanitary towel, tampon

penis, testicles, scrotum, sperm, sperm duct, urethra, pubic hair, voice breaking, body odour, deodorant

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.

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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 defined as sex education taught in Y5.** If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs Thomas.

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.

Yours faithfully, Mrs Kelly Thomas (PSHE Lead)

Dear Parent/Carer,

Re: Year 6 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 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. [Our Relationships Education Policy, which covers RSE, is available from the website.](#)

We will shortly be beginning some work in Year 6 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, some Relationships Education and Health Education.

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

- *What are different ways babies are conceived and born? (Sex Education)*
- **What effect might puberty have on people's feelings and emotions?**
- **How can my words or actions affect how others feel, and what are my responsibilities?**
- **What should adults think about before they have children?**
- **Why might people get married or become civil partners?**
- **What are different families like?**

Bold from either of the statutory areas, Relationships Education or Health Education

We will be using the following vocabulary in the lessons:

Commitment, marriage, stable relationship,

Puberty, Period, Menstruation, cervix, labia, fallopian tube, clitoris, ovary, vulva, vagina, uterus/womb, ovulation sanitary towel tampon

penis, testicles, scrotum, sperm, sperm duct, urethra, pubic hair, voice breaking, body odour, deodorant

arousal, erection sexual intercourse/sex, ejaculate, conception,

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.

There are some useful sources of support. Please see the separate resources flier containing recommended websites and books which may aid these discussions.

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.

If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Mrs Thomas.

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.

Yours faithfully, Mrs Kelly Thomas (PSHE Lead)

