



London Borough of Havering
ENGAYNE PRIMARY SCHOOL
Mrs S Sankey: Headteacher

Dear Parent/Carer,

Year 1 PSHE and Relationships Programme

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world. We sent some information earlier on in the year about our PSHE programme. The children have been enjoying the wide range of lessons on offer and as we move onto the next topic we wanted to update you with some of the areas we will be covering.

In the next few weeks, the children at Engayne will all be looking at our 'Growing and Changing' sessions. This part of the programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020 relationships education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their sessions and we would welcome any feedback from parents/carers should you want to share with us.

The sessions will focus on our bodies and keeping ourselves safe. Your Year 1 child will be exploring these themes through the following topics/questions:

- Inside my wonderful body – name major internal body parts and understand simple bodily processes associated with them
- Taking care of a baby – understand some of the tasks required to look after a baby, explain how to meet the basic needs of a baby
- Then and now – Identify things they could do as a baby, a toddler and now. Identify the people who help/helped them at those different stages
- Who can help? – explain difference between teasing and bullying. Give example of what they can do if they experience or witness bullying. Say who they could get help from in a bullying situation.
- Surprises and secrets – explain the difference between a secret and a nice surprise. Identify situations as being secrets or surprises. Identify who they can talk to if they feel uncomfortable about any secret they are told or told to keep.
- Keeping privates private – identify parts of the body that are private. Describe ways in which private parts can be kept private. Identify people they can talk to about their private parts.

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

If further advice or support is required please do not hesitate to speak to your child's class teacher or the Head teacher.



If you have any questions about the programme and resources or would like to view the resources, please do not hesitate to contact Mrs Brown, PSHE Lead.

Yours sincerely

Mrs Brown and The Year 1 team