



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

Dear Parent/Carer,

Year 2 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 2 child will be exploring these themes through the following topics/questions:

- A helping hand – demonstrate simple ways of giving positive feedback to others
- Sam moves away – recognise the range of feelings that are associated with losing (and being reunited) with a person they are close to
- Haven't you grown! – identify different stages of growth (baby, toddler, child, teenager, adult). Understand and describe some of the things that people are capable of at these different stages.
- My body, your body – identify which parts of the human body are private. Explain that a person's genitals help them to make babies when they are grown up. Understand that humans mostly have the same body parts but that they can look different from person to person.
- Respecting privacy – explain what privacy means. Know that you are not allowed to touch someone's private belongings without their permission. Give examples of different types of private information.
- Basic first aid – simple actions can make a difference. Anyone can learn to give first aid in different situations. Giving children confidence so they feel they are inspired to help.

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.

We have attached the lesson plan for the lesson 'My body, your body' so you can see what sort of vocabulary and discussion your child will be taking part in.



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 your child's class teacher or Mrs Brown, PSHE Lead.

Yours sincerely

The Year 2 team