



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

Dear Parent/Carer,

Year 3 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.

This 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 session.

The workshops will focus on body changes and keeping safe. Your Year 3 child will be exploring these themes through examining the following topics/questions:

- Relationship Tree - Identify different types of relationships and recognise who they have positive healthy relationships with.
- Body Space- Understand what is meant by the term body space (or personal space), Identify when it is appropriate or inappropriate to allow someone into their body space; rehearse strategies for when someone is inappropriately in their body space.
- Secret or surprise - Define the terms 'secret' and 'surprise' and know the difference between a safe and an unsafe secret; recognise how different surprises and secrets might make them feel; know who they could ask for help if a secret made them feel uncomfortable or unsafe.
- My Changing body - Recognise that babies come from the joining of an egg and sperm; Explain what happens when an egg doesn't meet a sperm; Understand that for girls, periods are a normal part of puberty.
- 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. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that adults who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

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, please do not hesitate to contact your child's class teacher or Mrs Brown (PSHE Lead) and we'd be happy to help.

Yours sincerely

The Year 3 team