

Dear Parent/Carer,

Re: Reception Sex, health and relationship education (RSE)

During Summer Term, we will complete our 'Changing Me' unit of work. This will be delivered as part of our on-going Personal, Social and Health education (PSHE), which is delivered throughout the school. As of September 2020, it is compulsory for all primary schools to deliver Health and Relationship Education. It has remained non-statutory to deliver Sex Education in primary schools, but compulsory to teach National Curriculum topics: 'Growing from birth to old age', and 'Reproduction in some plants and animals'. We feel that Sex Education has an essential role in keeping all of our children safe through ensuring that they are adequately prepared for the changes that their bodies will experience and are able to understand why these changes occur. Therefore, as a school, we teach age-appropriate content. If you would like to find out more about the statutory Health and Relationship Education content, please do not hesitate to speak to your child's teacher.

Reception Content:

Your child will be engaging with the following learning:

Summer 1:

Weekly celebration	Pieces	Learning intention
Know how to make friends	My family and Me	I can tell you about my family
Try to solve friendship problems when they occur	Making friends	I understand how to make friends if I feel lonely.
Help other to feel part of a group	Making friends	I can tell you some of the things I like about my friends.
Show respect in how they treat others	Falling out/ Bullying	I know what to say and do if somebody is mean to me.
Know how to help themselves and others when they feel upset and hurt	Falling out/ Bullying	I can use Calm Me time to manage my feelings.
Know and show what makes a good relationship	Being the best friends, we can be	I can work together and enjoy being with my friends.

Summer 2:

Understand that everyone is unique and special	My body	I can name parts of my body and show respect for myself.
Can express how they feel when change happens	Respecting my body	I can tell you some things I can do and some food I can eat to be healthy.
Understand and respect the changes that they see in themselves	Growing up	I understand that we all start as babies and grow into children and then adults.
Understand and respect the changes that they see in other people	Growth and change	I know that I grow and change
Know who to ask for help if they are worried about change	Fun and fears	I can talk about how I feel moving to School from Nursery.
Are you looking forward to change	Celebration	I can remember some fun things about Nursery this year.

Our 'Changing me' unit of work is based on the Jigsaw PSHE and RSE Scheme of work. We have carefully chosen the resources we use to support our teaching to ensure they are appropriate to the age and needs of the children.

Your child will also be taught some new vocabulary in a sensitive and caring way that will give them opportunities to ask further questions. These can either be discussed as a class, privately or passed on to you as a parent should you so wish.

If you would like more information regarding the lessons and what will be covered, please email your child's class teacher. In other circumstances, we would welcome you into our classroom to discuss but this unfortunately cannot be done at this time. If you would prefer a verbal discussion, then please contact your class teacher to arrange a phone call. If we do not hear from you, it will be assumed that you have read, understood and consented to the above RSE lessons.

Yours faithfully,

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