

Dear Parent/Carer,

**Re: Year One 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.

Year One Content:

Your child will be engaging with the following learning:

Summer 1:

Weekly celebration	Pieces	Learning intention
Know how to make friends	Families	I can identify the members of my family and understand that there are lots of different types of families.
Ry to solve friendship problems when they occur	Making friends	I can identify what being a good friend means to me.
Help others to feel part of a group	Greetings	I know appropriate ways of physical contact to greet my friends and know which ways I prefer.
Show respect in how they treat others	People who help up	I know who can help me in my school community.
Know how to help themselves and others when they feel upset or hurt	Being my own best friend	I can recognise my qualities as person ad a friend.
Know and show what makes a good relationship	Celebrating my special relations	I can tell you why I appreciate someone who is special to me.

Summer 2:

Understand that everyone is unique and special	Life cycles	I am starting to understand the life cycles of animals and humans.
Can express how they feel when change happens	Changing me	I can tell you some things about me that have changed and some things about me that have stayed the same.
Understand and respect the changes that they see in themselves	My changing body	I can tell you how my body has changed since I was a baby.
Understand and respect the changes that they see in other people	Boys' and Girls' bodies	I can identify the parts of the body that make boys different to girls and can use the correct names for these: Penis, testicles, vagina, anus
Know who to ask for help if they are worried about change	Learning ad growing	I understand that every time I learn something new I change a little bit.
Looking forward to change	Coping with changes	I can tell you about changes that have happened in my life.

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,

Mrs Tomkinson ([jlt84@coppice.worcs.sch.uk](mailto:jlt84@coppice.worcs.sch.uk))

Miss Dixon ([kd170@coppice.worcs.sch.uk](mailto:kd170@coppice.worcs.sch.uk))

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