

Dear Parent/Carer,

Reception 'Growing and Changing' Relationships and Sex Education unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social, Health and Economic Education (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In Early Years Education, it is referred to as PSED, Personal, Social and Emotional Development. This focuses on children's ability to develop a positive sense of self, build social skills and manage their emotions. This includes building confidence and independence, forming relationships and nurturing understanding and empathy. PSED is a Prime area of learning and is crucial for children to lead healthy and happy lives.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspects of our PSHE programme to Reception children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. 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.

The Department of Education (DfE) acknowledges that the RSHE guidance is only statutory for Y1 onwards, but strongly recommends that teachers introduce it, in an age-appropriate way, as soon as children begin school and the guidance stresses the value of a whole-school approach. The EYFS non-statutory curriculum guidance sits alongside the Early Years framework. The Specific Area "understanding the world" and the Prime Area, "personal, social and emotional development" contain recommended content that closely matches that of the Relationships Education guidance. It forms the basic building block for the RSHE curriculum.

In the lesson; 'Where do babies come from?' we will talk about how the baby grows in a mummy's womb and is made from special types of seeds - an egg from the mummy and a sperm from the daddy. We will not discuss sexual intercourse or details about childbirth. We will also acknowledge that there are other ways to become a parent and the variety of family structures that exist. In 'Me and my body- boys and girls' correct vocabulary will be taught and shared with your child, in line with the school's RSE policy. This will include the term private parts and the scientific vocabulary of penis, vulva, testicles and vagina. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well. If further advice/support is required, or you have any questions about the programme, please do not hesitate to speak to your child's class teacher or the Headteacher.

If after reading this letter you have any questions about the programme, please do not hesitate to contact the school.

Yours Sincerely

Miss Beckett and The Year R team