

Date: 05.06.2023

Dear Parents and Carers,

**Our PSHE & RHSE Programme at Grange Infants School**

We believe that 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) curriculum. This looks at many topics including all kinds of relationships, physical / emotional health and living in the wider world. The aim of the PSHE curriculum is to help our pupils make safe and informed decisions during their school years and beyond.

Relationship, Health and Sex Education (RHSE) is an important part of the PSHE curriculum. Just a reminder that we will be teaching our 'Changing Me' topic this term to all of our children in school. If you want to view the teaching materials so you understand what is being taught to your children, we can most certainly do this for you. Everything that is being taught to our children is statutory which means that it is part of our National curriculum.

In our Reception classes, we will be teaching them:

- My Body - To name body parts
- Respecting My Body - tell people things that they can do and foods I can eat to be healthy
- Growing up - Understand that we all grow from babies to adults

In our Year 1 classes, we will be teaching them:

- Life cycles - understand the life cycle of animals and humans
- Changing Me - say some things that have changed about me and some things that have stayed the same
- My changing body - discuss how their body has changed since they were a baby
- Boys and girls bodies - discuss the parts of the body that make boys and girls different and can use the correct name for these

In our Year 2 classes, we will be teaching them:

- Life cycles - recognise and discuss life cycles in nature
- Growing from young to old - discuss the natural process of growing from young to old and understand that this is not in their control
- The Changing Me - recognise how their body has changed since they were young



## Grange Infant School

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- Boys and girls bodies - recognise the physical difference between boys and girls, use the correct terms for body parts, and appreciate that some parts of their body are private
- Assertiveness - understand there are different types of touch and can talk to people about those they like and don't like

During the term, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. Many pupils will discuss such issues with each other outside the classroom and even with you.

Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

Thank you for your continued support

Yours sincerely,

Mrs Elly Rushen-Gough  
Principal  
Grange Infant School



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## Sex and Relationships Education – Frequently Asked Questions

### **What are the aims of SRE in our school?**

Depending on the age of the children and the lessons in their particular year group, we want SRE to:

- Develop the confidence to talk, listen and think about their feelings and relationships
- Develop friendship/relationship skills
- Develop positive attitudes, values and self esteem
- Provide knowledge and understanding about how their bodies change and for them to use the correct terminology for this
- Provide knowledge and understanding about the life cycle of animals and humans and that there are different types of families and relationships
- Develop skills to help children understand what is a healthy relationship and raise awareness of unwanted touching
- Know where and how to seek help

### **Can you explain the school's SRE Morals and Values Framework?**

SRE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents / carers and other members of the school community. SRE will be delivered within the school's agreed equal opportunities framework.

- SRE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure there is no stigmatisation of children based on their different home circumstances.
- Pupils will be encouraged to understand that thinking about morals and values also includes:
  - Respect for self and others
  - Commitment, trust and love within relationships
  - Understanding diversity regarding religion, culture and sexual orientation
  - Honesty with self and others
  - Self-awareness
  - Exploration of rights, duties and responsibilities