



Waterbeach Community Primary School

Learning - Laughter - Friendship

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Dear Parent/Carer,

Year 1 Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme, we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE.

After the half term holiday, we will be beginning some work in Year 1 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- **What are the names of the main parts of the body?**
- What can my amazing body do?
- **When am I in charge of my actions and my body?**
- **How can I keep my body clean?**
- **How can I avoid spreading common illnesses and diseases?**

**Part of the National Curriculum for Science*

Bold from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss these areas with your children before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues.



Our school encourages each child to grow into a happy, confident individual, thriving in a supportive community where each is inspired to learn and discover through a kaleidoscope of opportunities, with space to imagine and to create.



These are some useful sources of support:

To read the government guidance for Primary parents/carers on RSE follow this link

assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf

For information on talking about RSE to your children, try

www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of our programme defined as Sex Education i.e., learning about human conception and birth. **There are no elements of non-statutory Sex Education taught in Year 1.** Please contact Mr Lloyd if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact your child's class teacher.

Yours faithfully,

Mrs Norman

PSHE Lead Teacher



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