



Dear Parent/Carer,

Re: Reception, Year 1 and 2 Relationships Education and Health Education

We will shortly be beginning some work in Year 1 and 2 about 'Growing and Changing'.

A very important part of the work will be to make sure all the children understand that the parts of their bodies under their pants and vest are private. We will learn about trusted adults to talk to and how to get help. We will be learning that humans have children who grow into adults and special ways our families look after us as we grow. We will also be learning how amazing our bodies are and how to look after our bodies and keep them clean and healthy.

Most of this learning is part of Science, Relationships Education and Health Education which is compulsory (since September 2020). You may be aware that you can withdraw your child from 'Sex Education'. Our school policy explains that this is learning about how babies are made and born. In Key Stage 1 there is no learning about how humans reproduce, but children will learn that animals have offspring – cats have kittens, cows have calves and humans have babies – this is part of Science.

This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school.

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?**
- How do babies change and grow?*
- How have I changed since I was a baby?*
- What's growing in that bump?*
- **What do babies and children need from their families?**
- **Which stable, caring relationships are at the heart of families I know?**
- **What are my responsibilities now I'm growing up?**
- How can I be a good friend?
- Can I recognise and show my emotions?

**Part of the National Curriculum for Science*

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

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

These are some useful sources of support:

[Talk PANTS & Join Pantosaurus - The Underwear Rule | NSPCC](#)

Family Lives offers help and advice to parents and carers on any aspect of bringing up children

www.familylives.org.uk

For information and videos clips on talking about SRE to your children, try



Working Together in Partnership



www.familylives.org.uk/how-we-can-help/parentchannel-tv/

For information about your rights and SRE download the leaflet SRE and Parents from

<https://www.gov.uk/government/publications/sex-and-relationship-education>

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

If you would like to find out more about our topic, please arrange a time to come and chat to your child's class teacher. If you would like to discuss any issues relating to our work on RSE, please contact me. Further information is also available in our RSE policy and other available documents which are available on the school website:

<http://www.bentleycopdock.co.uk/page/relationships-and-sex-education/57640>

Yours sincerely,

Mrs Joanne Austin
Headteacher