Dear Parents/ Carers,

We believe that promoting the health and well-being of our pupils is an important part of their overall education, particularly in the current times we find ourselves. We do this through our Relationship, Sex and Health Education (RSHE) teaching which comes from the new statutory RSHE guidance. We wanted to inform you of the topics and vocabulary your child will come across during this year. In Year 1 your child will look at many topics such as:

* The importance of, and how to, maintain personal hygiene.
* To develop strategies to stay safe. Develop skills for dealing with unwanted physical contact.
* To introduce the concept of growing and changing.
* Male and Female
* Understand that babies have special needs.
* To understand what improves and harms their local, natural and built environments and about some of the ways people look after them.
* To understand what friendship is. Be aware that their feelings and actions have an impact on others.
* To know that there are different types of families and that family are special.
* To recognise what they like and dislike, how to make informed choices that improve their physical, and emotional health, to recognise that choices can have good and not so good consequences
* To identify and respect differences and similarities in people.

RSHE will be taught throughout the year by the class teacher.

During the year children 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.

Along side the RSHE lessons your child will take part in Wellbeing sessions, this will also cover a number of topics from the new guidance including:

* Emotions and how to recognise and talk about them
* Friendships how important they are and how they should make us feel
* The importance of respecting others, courtesy and manners
* Families, how each family is different and how families are important
* Mental wellbeing, how this is an important part of everyday life, looking at simple selfcare techniques and the benefits of a healthy lifestyle
* Looking at what bullying is and how to get help
* What a stereotype is and how they can be unfair
* How to recognise if a relationship is making them feel unhappy and how to get help

You may find that your child starts asking questions about a topic at home, you might want to take the opportunity to talk to your child about these topics. You are the most important educators of your child regarding relationships and health education and we hope you welcome the support we as a school can offer.

Below you will find a list of the vocabulary the children will be exposed to in year 1 and foundation

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| wash soap shower bath shampoocleanhealthyroutinetouchfeelingsunwanted touchsaying yessaying nohelpsafe Head EarsNose LegsArmsKneesFingersHandsMouthThumbsEyesTummyBoyGirlHairSame | DifferentGrowth Private partsPenis vaginaBreastsFeetMaleFemaleGenderBabiesNeedsMilkFoodLoveWarmthShelterProtectClothingNappiesCotRelationshipFriendPositiveNegativeBullyingKindnessHappyTrust LoveSorry  | ApologiseFamilyParentsChildrenMotherFatherBrotherSisterGrandparentSingle parentStep parentFoster familyChildren in careFosteringAdoptionLikeDislikeChoicePhysical healthEmotional health Black / people of colourWhiteWheelchairDisabledTallShortBackgroundHair colourEye colour |

If you have any questions or would like to know more then please do not hesitate to contact the class teacher. They will be more than happy to go over any queries you may have.

Yours Sincerely

Mr K Leader