

Dear Parents

Re: Year 1 Relationships Education and Health Education

We will shortly be beginning some work in Year 1 about **Healthier and Safer Lifestyles**. This work forms part of an ongoing programme of RSE, which we deliver throughout the school, and my reason in writing to you is to make you aware that the work is about the begin and to give you the opportunity to speak to me should you have any questions.

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.

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?**

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. Therefore 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 about these issues.

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/RE_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/

You have the right to withdraw your child from only the elements of our programme defined as sex education i.e. learning about human conception and birth, however these topics will not be covered in year 1. Please contact me on mmytton@elton.cambs.sch.uk if would like to discuss any issues relating to our work on RSE, or to find out more about the lessons.

Yours faithfully,

Michelle Mytton

Year 1 Class Teacher