



Thursday 25th September 2020

Relationships, Sex Education & Health Education in Year 1

Dear Families,

From September 2020 the Department for Education is making Relationships Sex Education and Health Education compulsory in all schools. The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships.

Learning about the emotional, social and physical aspects of growing up, gives children the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being.

All of the sessions will be age-appropriate and meet the needs of all children in the class. Lessons are delivered by class teachers and have been planned carefully.

Please see below the topics covered in main school. As part of the programme of lessons, teachers will use the correct names for external parts of the body. Please talk to your child's class teacher if you would like any further information about the subjects covered.

Year 1 RSE topics
What makes a family special/Falling out and making up.
Celebrating differences.
Sharing Pictures.
Asking for help/What are 'private parts' called?
Understanding feelings and behaviours/Physical activity is fun!
Keeping our teeth healthy/Stay safe.

Kind regards,

Mrs S Mardell Head Teacher

