



March 2021

**Relationships, Sex Education & Health Education in Reception**

Dear Families,

Last term, I wrote to you informing you of the requirement schools have to teach **Relationships Sex Education and Health Education**. 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. A copy of our Relationships, Sex & Health Education policy can be found on our school website under *school info/policies*.

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 R	RSE topics
	What makes a family
	Similarities and differences
	Likes, dislikes & decisions
	Watching videos online
	Why are private parts private?
	Describing & managing feelings.
	Handwashing & hygiene /be sugar smart/What is first aid?

