



March 2021

Relationships, Sex Education & Health Education in Year 1

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 Education and 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 are age-appropriate and meet the needs of all children in the class. At our school Miss McGhee is the RSHE coordinator and lessons are delivered by class teachers and have been planned carefully.

The topics covered in Y1 are listed below. During the summer term we will be prioritising positive relationships and mental health, to support recovery after the school closures. If you have any queries, please don't hesitate in contacting your child's class teacher, Miss McGhee or me.

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,

