

Friday 15th January 2020

Dear Parents and Carers,

Relationship and Health Education in Key Stage One

As you may be aware, some important changes have been made to parts of the national curriculum, meaning that two important elements of the PSHCE curriculum are now statutory. These statutory elements of the curriculum are **Relationship Education** and **Health Education**. As an infant school and nursery, the team have worked incredibly hard to ensure that our provision meets with the new statutory requirements whilst still be age appropriate and in line with our motto 'Learning with Love and Laughter'.

Relationship Education

The term 'relationship' covers all relationships that we, as humans, have with others - family members, friends, the relationship children have in school with their peers and members of staff. In a broad sense, Relationship Education encompasses all interactions we have with others.

In older key stages, the statutory element for Relationship Education also includes Sex Education. This is **NOT** the case for Key Stage One. The Relationship Education that is statutory for Key Stage One children will be age appropriate and will look closely at the relationships of friendship and family, including how to:

- develop a positive sense of themselves and others;
- form positive relationships with others;
- develop an awareness of similarities and differences between people;
- work with others;
- be kind and treat others with respect;
- understand their own and other's emotions;
- appreciate the importance of families and friends.

Please feel free to view our full Relationship and Health Curriculum and policies on our website.

An Inclusive Relationship Education

Relationship Education will be inclusive and representative of relationships and family structures in modern Britain and promote tolerance and acceptance, in line with British Values. Although, this is a fairly new element of the statutory curriculum for Key Stage One, the celebration of different cultures, religions, traditions, family structures and relationships has always been embedded in everything we believe at Brook Infant School and Nursery.

Health Education

Children at Brook Infant School and Nursery have always been taught aspects of Health Education. These includes aspects of healthy eating, the importance of physical exercise, as well as oral and personal hygiene. These important aspects will continue through the new statutory Health Education curriculum.

An important element of Relationship and Health Education is providing children with the tools to keep themselves safe and recognise and avoid dangerous situations. This can include online safety, stranger danger and road safety. Another vital part of this is equipping children with the confidence and tools to keep their bodies safe, knowing parts of their bodies that are 'private' and how to ask for help should they need it.

Children at Brook Infant School and Nursery are regularly taught the NSPCC Talk PANTS message and the catchy 'Pantosaurus' song. Talk PANTS delivers a powerful message to children that can help protect them from Sexual Abuse. The message never mentions sex and never uses scary words, making it age appropriate and memorable for young children.

As part of these simple conversations about keeping safe children may at times be taught about areas of their bodies that are 'private'. Teachers will use the biological names of 'penis' and 'vagina' when labelling body parts, as this is part of the science curriculum. Being aware of the biological names for body parts can be an important tool in keeping young children safe, should they ever need to ask for help in a safeguarding situation. No parents, or teacher, ever wants to think that any child will be affected by sexual abuse but this is exactly why it is vital to have simple, age appropriate and easy conversations about keeping our bodies safe.

Through the NSPCC Talk PANTS message, children will learn that:

- private parts are private;
- to always remember that your body belongs to you;
- no means no;
- to talk about secrets that upset you;
- to speak up.

There is lots more information for parents about the NSPCC message on their website.

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

Please get in touch if you have any questions.

Warm regards,

Mrs Julie Thomas
Year Two Teacher and PHSCE Subject Leader