



Friday 15th June 2018

Dear Parent/Carer,

Re: Year 1 and 2 Sex and Relationships Education

We will shortly be beginning some work in Year 1 and 2 about 'Growing and Changing'. This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science and some Personal Social and Health Education (PSHE).

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 body do?
- When am I in charge of my actions and my body?
- Do I understand how amazing my body is?
- How can I keep my body clean?
- How can I stop common illnesses and diseases spreading?
- How do babies change and grow?
- How have I changed since I was a baby?
- What do babies and children need?
- What are my responsibilities now I'm older?
- Who is in my family, and how do we care for each other?
- Do I know what makes me feel happy, sad, cross etc?

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues. These are some useful sources of support:

Family Lives offers help and advice to parents and carers on any aspect of bringing up children. www.familylives.org.uk

For information and videos clips on talking about SRE to your children, try

www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx

www.familylives.org.uk/how-we-can-help/parentchannel-tv/

For information about your rights and SRE download the leaflet *SRE and Parents* from www.education.gov.uk

For further guidance from the **Sex Education Forum**, download 'Talk to your children about sex and relationships: support for parents' Factsheet 31

www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

You have the right to withdraw your child from the elements of SRE which are not included in the National Curriculum for Science. Please contact Mrs Maycock if you would like to discuss this. If you would like to discuss any issues relating to our work on Sex and Relationships, or to find out more about the lessons, please speak to your child's class teacher.

Yours faithfully,

Mrs Sophia Wells

Personal Social and Health Education (PSHE) Coordinator



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