



Headteacher: Mrs L Nicholls

May 2025

Dear Parent/Carer,

### **Reception PSHE and Relationships Programme**

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health and all kinds of relationships. The children have been enjoying the wide range of lessons on offer and as we move onto the next topic we wanted to update you with some of the areas we will be covering.

In the next few weeks, the children at Broadford Primary School will all be focusing on 'Growing and Changing'. This part of the programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020 relationships education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their sessions and we would welcome any feedback from parents/carers should you want to share with us.

The sessions will focus on our bodies and keeping ourselves safe. Your Reception child will be exploring these themes through the following topics/questions:

**Seasons** – Name the different seasons and describe their differences, explain the changes that occur as seasons change and talk about how they have grown in resilience.

**Life stages- plants, animals, humans.** To understand that animals and humans change in appearance over time, use relevant vocabulary such as egg, seed, baby, grow, change, old, young and make observations and ask questions about living things.

**Life stages: Human life stage- who will I be?** – use the language and describe the different life stages of: baby, child, teenager, adult, older age. Talk about their own experience of growing up.

**Where do babies come from?** – Explain that a baby is made by a woman and a man, and grows inside a mother's tummy. Understand that every family is different. Talk about similarities and differences between themselves and others.

**Getting bigger-** talk about how they have changed as they have grown. Explain the differences between babies, children and adults. Understand that we are all unique.

**Me and my body- girls and boys.** Name parts of the body (including reproductive parts) using the correct vocabulary. Explain which parts of their body are kept private and safe and why. Tell or ask an appropriate adult for help if they feel unsafe.

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

We have attached the lesson plan for the lesson 'Me and my body- girls and boys' so you can see what sort of vocabulary and discussion your child will be taking part in.

If further advice or support is required, please do not hesitate to speak to your child's class teacher.

Yours sincerely,

The Reception Team