



**Verwood CE First School and Nursery**

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Autumn Term 2021

Dear Parent/Carers,

## **Relationships and Health Education**

As you will be aware, as part of your child's experience at Verwood C of E First School & Nursery, we aim to promote wellbeing and development through a comprehensively taught programme of PSHE Education (Personal, Social and Health Economics). PSHE is fully underpinned by our Christian values and has been developed with the intention to both inspire our children's knowledge and develop skills that will enable them to thrive personally and socially in an ever-changing and challenging world. A primary aim of PSHE is to give children the information, skills and positive values to have safe, fulfilling relationships and prepare them in developing an understanding of the importance of taking responsibility for their own wellbeing.

The 2020 introduction of statutory Relationships and Health Education in primary schools gives PSHE education the necessary status on the curriculum, to help keep children and young people safe and healthy as part of broader whole-school efforts. The introducing of Relationships Education at primary, will put in place the building blocks needed for positive and safe relationships of all kinds. This will involve children exploring themes such as families and people who care for them, caring friendships, respectful relationships, online relationships and being safe. Through Relationships Education schools are required to teach pupils the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. We will deliver this by focusing on boundaries and privacy (this includes understanding boundaries in friendships with peers and online), permission giving and they will be taught how to seek advice when they suspect or know that something is wrong. We will also teach children how to report concerns, equipping them with the vocabulary and confidence needed to do so. In addition, as part of the year 1 science curriculum, children will be taught the correct names for body parts, including external genitalia. This knowledge supports the safeguarding of children and forms part of a comprehensive PSHE programme and whole school approach.

All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally. All of our PSHE sessions are age appropriate and meet the developmental needs of all the children in the class. Whilst there is no right to withdraw from Relationship Education, Health Education or content from the science curriculum, we are happy to discuss any concerns you may have over the teaching of these important issues.

Please find further information on PSHE on our school website under Learning > Curriculum.

Thank you for your support.

**Lauren Palmer**  
**(PSHE Lead)**