

ALL SAINTS' CHURCH OF ENGLAND PRIMARY SCHOOL

Dogsthorpe Road, Peterborough PE1 3PW Telephone: 01733 563688



Headteacher: Mrs R Hutchinson

Deputy Headteacher: Mr D Roberts

Email: office@allsaints.peterborough.sch.uk Website:
www.allsaints.peterborough.sch.uk



Loving to learn, learning to love

Dear Parent/Carer,

Re: Early Years Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school.

There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available from the school's website.

We will shortly be beginning some work in Early Years about 'My Body and Growing up' and 'Healthy and Safer Lifestyles'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. These topics cover some elements of Relationships Education and Health Education.

Your children will be engaging with the following outcomes and questions as part of this work:

Week 1 WB 07/06/21: What can my body do?

I can understand and value what my body can do.

To be able to:

- demonstrate different body actions through physical activity and play
- describe different body functions
- show examples of caring for my body
- talk positively about my body
 - We will be using the parachute and other outdoor resources to explore how our body can move.
 - We will be focussing on the amazing things our body can do. Such as running, skipping jumping.

Week 2 WB 14/06/21: What differences and similarities are there between our bodies?

I can recognise similarities and differences between myself and others.

To be able to:

- describe how I look
- describe similarities and differences between the appearances of different people
- talk positively about differences in the appearance of others
 - We will be using the book 'More people to love me' by Mo O'Hara and Ada Grey
 - The children will be encouraged to bring in family photos to share with their friends.



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- *The children will have mirrors and photo frames in the provision to encourage them to talk about similarities and differences between themselves and others.*

Week 3 WB 21/06/21: What does my body look like?

I can describe my own appearance and name external body parts (as private parts).

To be able to:

- Recognise and name different external parts of the body and state their private parts are private.
 - *We will be using baby dolls to name external body parts such as ear lobe, toe nail, chin, knuckles, forearm, calf.*
 - *We will be introducing the word private through talking about private letters and property.*
 - *We will then use the baby doll to explain that everything below the nappy or pants is private.*

Week 4 WB 28/06/21: How has my body changed as it has grown?

I can understand ways in which my body has changed since I was a baby.

To be able to:

- describe ways in which my body has grown and changed since I was a baby
- describe things that my body could and could not do when I was a baby
- describe new things that my body has learnt to do since I was a baby (e.g. walk, run, swim on their own)
- talk positively about what I have learnt to do with my body and new achievements
 - *We will be using the baby doll dressed in school uniform for the children to notice the immediate changes from a baby to their current selves.*
 - *We will be talking about what the children couldn't do as a baby compared to what they can do now as a 4/5-year-old e.g. walk / crawl, feed themselves / being fed.*

Week 5 WB 05/07/21: How can I look after my body and keep it clean?

I can understand ways of looking after my body and keeping it clean.

To be able to:

- talk about why it is important to keep my body clean (e.g. stop germs entering my body)
- talk about and demonstrate the different things that people do to keep their bodies clean
 - talk about my own hygiene routines that I follow at school and at home including toileting and washing
- follow

good

hygiene practices at school



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- We will be using the story 'I don't want to wash my hands' by Tony Ross to talk about good hygiene routines. <https://youtu.be/DQRYfaFY8A>
- The children will explore toiletries and how to use these to keep clean.

Week 6 WB 12/07/21: How am I learning to care for myself and what do I still need help with?

Who are the members of my family and trusted people who look after me?

I can understand how members of my family and other trusted people care for me and look after me.
I can understand ways in which I can take responsibility of myself and recognise situations where I still need to be supported by others.

To be able to:

- name people in my family and other trusted people who care for and look after me
 - talk about the different ways that people in my family and other trusted people care for and look after me
 - demonstrate ways that people in families care for and look after each other
 - show that I can care for a younger sibling
- We will be reading the story 'Peepo' by Janet and Allan Ahlberg. <https://youtu.be/pkaq50gp5dE>
 - The children will be invited to share who looks after and cares for them.
 - We will be using the story 'The Little Red Hen' to talk about ways to help others.

Week 7 WB 19/07/21: How do I feel about growing up?

I can recognise how growing up makes me feel.

To be able to:

- talk about how growing up makes me feel (e.g. excited)
 - show a positive attitude to learning new skills, including learning how to do new things by myself
- We will be talking about what we can do now and what we can look forward to doing.
 - We will be discussing how changes make us feel.



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- *We will be looking at photos of things we can do now such as going on rollercoasters and the trim trail.*

We encourage you to discuss these areas with your children before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these topics.

There are no elements of non-statutory sex education taught in Early Years.

Please contact the Head Teacher if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact Miss Ellis or Miss Francis.

Yours faithfully,

