**Year 1 PSHE and Relationships Programme**

Dear Parents and carers,

As part of your child’s educational experience at Worth Valley Primary School, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health and Economic (PSHE) education. We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. Our PSHE curriculum looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

Relationships and Health Education has been compulsory in all primary schools since Summer 2021. We pride ourselves on our PSHE curriculum and this updated curriculum has been planned to equip children with the knowledge and skills to safeguard themselves.

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child will cover how to treat each other with kindness, consideration and respect. Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Through discussion and simple activities, your Year 1 child will be learning:

• To identify a range of feelings and how others might be feeling by reading body language and facial expressions.

• To know how it feels to belong to a family and care about the people that are important to them.

• To recognise emotions and feelings associated with being unsafe.

• To explain the difference between unkindness, teasing and bullying.

• To recognise which foods we need to eat more and less of to be healthy.

• To know that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.

• To know how diseases can be spread.

• To explain the difference between appropriate and inappropriate touch.

• To know the correct names for the parts of their body, including the parts that are private.

• To respect their body and understand which parts are private.

We recognise that parents play a vital part in their child’s Relationships and Health education and we would encourage you to explore these themes with your child at home as well. If further advice or support is required please do not hesitate to speak to your child’s class teacher or the Head teacher.

If you have any questions about the curriculum and resources or would like to view the resources, please do not hesitate to contact Mrs Batey, our PSHE leader.

Yours Sincerely



Miss Lodge

Headteacher