**Nursery 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.

Relationships and Health Education has been compulsory in all primary schools since Summer 2021. We believe that 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) and Relationships, Sex and Health Education (RSHE), using SCARF resources from the leading children’s health and wellbeing charity, Coram life Education (the educators who run the LifeBus). We look at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

During the summer term, each year group will be taught about growing and changing and touching on subjects that could be deemed as ‘sensitive’. Teachers will be using the SCARF resources to teach the ‘Growing and Changing’ unit. This unit has age-appropriate plans to cover the physical and emotional changes that happen to children as they grow older, including changes at puberty and how to approach this with confidence. Age-appropriate lessons on relationships and sex education are also included.

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 Nursery child will be learning:

• To identify what family means and the people who can support them.

• To show affection and concern to people who are special to them.

• To demonstrate friendly behaviour, initiating conversations and forming good relationships with peers and familiar adults.

• To accept the needs of others and take turns and share resources.

• To express their own feelings such as happy, sad, cross scared and worried.

• To be aware that some actions and words can hurt others’ feelings.

• To understand what is safe to go in their body.

• To what can contribute to good health.

• To identify what their body needs.

* To describe the changes in babies, young animals and plants as they grow.
* To broaden their expectations beyond potential stereotypes of what girls and boys like, do or look like

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