

Dear Parents/Carers,

Over the coming Spring term, Year 2 will be taking part in a series of PSHE lessons as part of our statutory Relationships and Health Education curriculum. These lessons are designed to help children understand how to keep themselves safe, build positive relationships and know where to get help if they have any questions or worries.

Some of the lessons will cover the following themes:

- Secrets and surprises
- Private parts
- Private parts are private
- Personal boundaries
- Staying safe with medicine

These topics are delivered carefully and sensitively, in an age-appropriate way, and form an important part of safeguarding and learning how to stay safe in both the real world and online.

As these lessons are statutory, we are sharing this information with you so that you are aware of what your child will be learning and can be prepared for any conversations or questions that may arise at home.

All lesson materials are available on Showbie should you wish to see how this content is taught. If you would like further information about PSHE and Relationships Education at Western, including our full curriculum and RSE Policy, this can be found on our school website at: <https://www.westernps.co.uk/our-curriculum/subjects/pshe/>

We also use the NSPCC PANTS resources to support our teaching and learning. You can find a quick link to the PANTS Parent Guide here: <https://www.nspcc.org.uk/advice-for-families/pants-underwear-rule/>

In school, we create a calm, respectful and supportive environment where children feel safe to ask questions and talk about their learning. We encourage children to speak to a trusted adult if they are ever unsure, worried or uncomfortable, and we emphasise the importance of respecting themselves and others.

Thank you for your continued support.

Kind regards,
Jaycee Ward
KS1 Phase Leader

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