

Dear Parents/ Carers,

We believe that promoting the health and well-being of our pupils is an important part of their overall education, particularly in the current times we find ourselves. We do this through our Personal, Social, Health, and Economic Education (PSHE) and Relationship and Sex Education (RSE) teaching which comes from the new statutory RSE guidance. We wanted to inform you of the topics and vocabulary your child will come across during this year. In Year 1 your child will look at many topics such as:

- The importance of, and how to, maintain personal hygiene.
- To develop strategies to stay safe. Develop skills for dealing with unwanted physical contact.
- To introduce the concept of growing and changing.
- Male and Female
- Understand that babies have special needs.
- To understand what improves and harms their local, natural and built environments and about some of the ways people look after them.
- To understand what friendship is. Be aware that their feelings and actions have an impact on others.
- To know that there are different types of families and that family are special.
- To recognise what they like and dislike, how to make informed choices that improve their physical, and emotional health, to recognise that choices can have good and not so good consequences
- To identify and respect differences and similarities in people.

PSHE and RSE will be taught throughout the year by the class teacher.

During the year children will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Your child will take part in additional PSHE assembly sessions, which will also cover a number of topics from the new guidance including:

- Emotions and how to recognise and talk about them
- Friendships how important they are and how they should make us feel
- The importance of respecting others, courtesy and manners
- Families, how each family is different and how families are important
- Mental wellbeing, how this is an important part of everyday life, looking at simple self care techniques and the benefits of a healthy lifestyle
- Looking at what bullying is and how to get help
- What a stereotype is and how they can be unfair
- How to recognise if a relationship is making them feel unhappy and how to get help

You may find that your child starts asking questions about a topic at home, you might want to take the opportunity to talk to your child about these topics. You are the most important educators of your child regarding relationships and health education and we hope you welcome the support we as a school can offer.

Below you will find a list of the vocabulary the children will be exposed to in year 1.

wash	Different	Apologise
soap	Growth	Family
shower	Private parts	Parents
bath	Penis	Children
shampoo	vagina	Mother
clean	Breasts	Father
healthy	Feet	Brother
routine	Male	Sister
touch	Female	Grandparent
feelings	Gender	Single parent
unwanted touch	Babies	Step parent
saying yes	Needs	Foster family
saying no	Milk	Children in care
help	Food	Fostering
safe	Love	Adoption
Head	Warmth	Like

Ears	Shelter	Dislike
Nose	Protect	Choice
Legs	Clothing	Physical health
Arms	Nappies	Emotional health
Knees	Cot	Black / people of colour
Fingers	Relationship	White
Hands	Friend	Wheelchair
Mouth	Positive	Disabled
Thumbs	Negative	Tall
Eyes	Bullying	Short
Tummy	Kindness	Background
Boy	Happy	Hair colour
Girl	Trust	Eye colour
Hair	Love	
Same	Sorry	

If you have any questions or would like to know more then please do not hesitate to contact the class teacher. They will be more than happy to go over any queries you may have.

Yours Sincerely

Bridgeview Special School