

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 2 your child will look at many topics such as:

- How some diseases can be spread and can be controlled and the responsibilities they have for their own health and that of others.
- Rules for and ways of, keeping physically and emotionally safe (including safety online, the responsible use of ICT, the difference between secrets and surprises and understanding not to keep adults' secrets.
- To recognise that they share a responsibility for keeping themselves and others safe, when to say 'yes', 'no', 'I'll as' and 'I'll tell'.
- About people who look after them, their family networks, who to go to if they are worried and how to attract their attention, ways that pupils can help these people look after them.
- The names for the main parts of the body (including external genitalia) the similarities between boys and girls.
- About the process of growing from young to old and how people's needs change.
- Understand that it is always the female that gives birth.
- Explore their perceptions around gender stereotypes.
- To identify and respect differences and similarities in people
- Develop respect for elderly people and other generations.

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, and 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 the new vocabulary that will be covered throughout the year in Year 2.

Year 2		
Gender roles Stereotypes Fertilisation Testicles Sperm Egg Womb (a special place inside a mummies tummy) Pregnancy Pregnant	Birth Caesarean section (C-section) Natural birth Disease Spread Controlled Online Secrets Surprises	Family member Baby Toddler Teenager Child Adult Elderly Respect



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