

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 3 your child will look at many topics such as

- To identify different sorts of families, understand that families are different and have many different members
- Relationships, different types of love for family, pets, paces etc
- What practical steps they can take in a range of different contexts to improve or support respectful relationships
- Understand the needs of a new baby
- Body parts (including private body parts) and the differences between male and female
- To identify who they could go to for help and support
- To recognise and report feelings of being unsafe or feeling bad about any adult
- To consider touch and to know that people have a right to say what they like and don't like – PANTS campaign by NSPCC.

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 including what a healthy friendship looks like and that all friendships have their ups and downs
- 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 different types of bullying, how to help and what effects this can have on people
- How to recognise if a relationship of any type is making them feel happy or unsafe and how to seek 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 3.

Year 3
Touching Appropriate Inappropriate Possession

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