



Highcliffe St. Mark Primary School & Fledglings Pre-School

A Church of England Foundation School

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Dear Parent/Carer,

Reception 'Growing and Changing' Relationships and Sex Education unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social, Health and Economic Education (PSHE Education) curriculum, called SCARF. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In Early Years Education, PSHE Education is referred to as Personal, Social and Emotional Development (PSED). This focuses on children's ability to develop a positive sense of self, build social skills and manage their emotions. This includes building confidence and independence, forming relationships and nurturing understanding and empathy. PSED is a Prime area of learning and is crucial for children to lead healthy and happy lives.

In the next few weeks, our school will be focusing on part of our SCARF PSHE scheme to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to all children. It became a legal requirement in September 2020 for relationships and sex education to be taught across the school, in an age- and developmentally-appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

Your Reception child will be exploring themes including **'Human life stage- who will I be?'**, **'Where do babies come from?'** and **'Me and my body- boys and girls'**. During these lessons, correct vocabulary will be taught and shared with your child, in line with the school/ settings RSE policy. This may include the term private parts and the scientific vocabulary of penis, vulva, sperm, egg, testicles, vagina and womb. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts. A comprehensive list of vocabulary per year group can be found here: [Growing and Changing Vocabulary per year group](#)

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well. For further information regarding the content for your child's year group please follow the link to the [Growing and Changing Learning Journeys](#). Additionally, SCARF have created [this leaflet](#) specific to Reception.

If after reading this letter you have any questions about the programme or if you would like to view the lesson content that you child/ren will be taught, please do not hesitate to contact a member of the Senior Leadership Team through the school office.

Yours truly,

Mrs Claire Barker & Mrs Halle Ashbee
Headteacher PSHE Leader

