

## EYFS/KEY STAGE 1

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### DOUBLETREES SCHOOL

A member of the Special Partnership Trust



Date:

Dear Parent/Carer,

As part of the school's Personal, Social, Health & Citizenship Education programme, your child will be receiving Relationships education through our PSHE offer. In the EYFS PSHCE is known as PSED (Personal, Social & Emotional Development). PSED is split into three different areas; Making Relationships, Self-Confidence & Self-Awareness and Managing Feelings & Behaviours (including SMSC). Health & well-being is also delivered through Physical Development.

Relationships education in this early phase at Doubletrees therefore focuses on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. This starts with pupils being taught about what a relationship is, what friendship is, what family means and who the people are who can support them. This may include practicing skills such as the ability to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between appropriate and inappropriate or unsafe physical, and other contact.

The teaching of Relationships (Primary level) and Relationships & Sex Education (RSE) (secondary level) is statutory. The Head Teacher of the school is aware of the content of the scheme which has been approved by the Local Governing Body. This programme of work aims to help our pupils form/ understand relationships in a responsible & healthy manner, as well as learning ways to stay safe/ seek help if/ as necessary.

#### **The key aims/intent of our RSE curriculum is to:**

- 1 Provide accurate & relevant information about the physical & emotional changes that young people will experience through their formative years & into adulthood
- 2 Establish an awareness of the importance of stable family life & relationships
- 3 Foster self-awareness & self-esteem
- 4 Develop a sense of responsibility & respect for themselves & others
- 5 Reinforce the work of the science curriculum

As your child leaves EYFS/KS1 and enters KS2, the purpose of our RSE lessons will be to provide further knowledge & understanding of the following areas as well as learning ways to stay safe/ seek help if/ as necessary, and fall within the topics of:

- **Puberty & Change**
- **Life Cycles & Changes**
- **Healthy Living/ Healthy Life Styles**

Therefore, the 'Relationships' unit of the PSHE offer (for children in Early Years, this is taught through the EYFS unit of PSED, Personal, Social & Emotional Development) will therefore begin to provide the pre-requisites that your learner will need before they begin engaging in our RSE offer as they develop through school.

All of the teaching materials we plan to use are appropriate to the age & emotional maturity of the pupils concerned; all teachers will aim to present the programme in an objective, balanced & sensitive manner. How PHSE/RSE is taught will vary depending on the age/developmental level of learners. Some lessons may be taught as a whole class, some may be taught through daily personal care/toileting routines and other sessions may be on an individual basis depending on the learners needs.

**The areas that may be covered linked to Relationships will include:**

- Identify members of my family
- Play in a group (extending & elaborating play ideas, e.g. building up a role-play activity with other children)
- Initiate play (offering cues to peers to join them)
- Respond to others (what others are saying or doing/ shows affection & concern for people who are special to them)
- Develop friendships (demonstrate friendly behaviour, initiating conversations & forming good relationships with peers & familiar adults)
- Initiate interactions/ conversations (attends to & takes account of what others say)
- Understand how to resolve conflicts/ find a compromise
- Uses please & thank you appropriately
- Recognise emotions (if someone is happy, sad, angry)
- Show how we feel/ show someone appropriately, when they are feeling sad, angry or happy
- Show interest in others (the lives of people who are familiar to them)
- Recognise/ describes special family times/ occasions or events for family or friends
- Show interest in different occupations & ways of life
- Know some of the things that make them/ others unique
- Identify some things that are the same & some things that are different about them & others (may be obvious external at this stage)
- Identify family members (develop an awareness that all families are different)
- Understand different ways that families care for each other
- Knows how to greet others; uses acceptable forms depending upon who they are (e.g. – hug Mum/ handshake teacher)

As part of our RSE curriculum, which is closely linked to the personal care and toileting routines that we have in school, staff will be using the correct terminology for private body parts, such as: vagina, penis, testicles and breasts/chest, where necessary and appropriate.

If you have any questions regarding the Relationships education your child will be receiving, please contact your child's class teacher.