



Inspiring a love of learning through  
the bonds of family, faith and friendship.

# Folksworth C of E (VC) Primary School

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Monday 20<sup>th</sup> February 2023

Dear Acorn Class Parents/Carers,

## **Re: Reception Sex and Relationships Education**

During this half term, our Reception children will commence learning about 'Growing and Changing'. This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science and some Personal Social and Emotional Development (PSED).

Your children will be engaging with the following questions as part of this work:

- What does my body look like?
- How has my body changed as it has grown?
- What can my body do?
- What differences and similarities are there between our bodies?
- How can I look after my body and keep it clean?
- How am I learning to take care of myself and what do I still need help with?
- Who are the members of my family and trusted people who look after me?
- How do I feel about growing up?
- How can I be a good friend?
- Can I recognise and show my emotions?

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues.

These are some useful sources of support:

**Family Lives** offers help and advice to parents and carers on any aspect of bringing up children.

[www.familylives.org.uk](http://www.familylives.org.uk)

For information and videos clips on talking about SRE to your children, try

[www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx](http://www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx)

[www.familylives.org.uk/how-we-can-help/parentchannel-tv/](http://www.familylives.org.uk/how-we-can-help/parentchannel-tv/)

For information about your rights and SRE download the leaflet *SRE and Parents* from

[www.education.gov.uk](http://www.education.gov.uk)

For further guidance from the **Sex Education Forum**, download 'Talk to your children about sex and relationships: support for parents' Factsheet 31 [www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf](http://www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf)

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of SRE which are not included in the National Curriculum for Science. Please contact Miss Michelle Norbury if you would like to discuss this. If you would like to discuss any issues relating to our work on Sex and Relationships, or to find out more about the lessons, please contact Miss Laura Kohlschmidt.

Thank you for your help and support.

Yours sincerely,

Miss Laura Kohlschmidt  
PSHCE Leader