

27th May 2021

Dear Parents and Carers,

Personal, Social and Health Education (Yr1)

Next half term, as part of your child's Personal, Social and Health Education lessons, they will be learning about the physical and mental changes that occur in the human body as they grow.

Year 1 will learn:

- The importance of and how to maintain personal hygiene
- About the process of growing from young to old and how people's needs change
- The names of the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- 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 to look after them
- What constitutes a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health
- That household products, including medicines, can be harmful if not used properly

If you would like a copy of our policy, please ask for one from the office.

If for any reason you do not want your child to participate in all or part of these lessons, please could you make an appointment to see your child's class teacher as soon as possible, or send a letter stating you wish your child to be withdrawn from these lessons.

Yours Sincerely,



Ayse Thomas