



South Haringay School  
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12 July 2021

Dear Parents and Carers,

Personal, Social and Health Education (Yr3)

Over the next two weeks, 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 3 will learn:

- The names for the main parts of the body (including external genitalia) the similarities and differences between boys and girls
- When and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong
- About different types of relationship, including those between friends and families, civil partnerships and marriage
- What kind of physical contact is acceptable or unacceptable and how to respond
- That FGM can have a negative effect on emotional well-being and physical health
- The difference between rites of passage and FGM
- Which, why and how commonly available substances and drugs (including tobacco) could damage immediate and future health and safety
- What positively and negatively affects their physical, mental and emotional health

Throughout each lesson any questions that your child may have about their development will be treated with the utmost care and sensitivity.

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want your child to participate in all or part of these lessons, please send a letter stating you wish your child to be withdrawn from these lessons as soon as possible.

Yours Sincerely,

A handwritten signature in cursive script that reads "Ayse Thomas".

Ayse Thomas