

Wednesday 22 March 2023

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

I will be running a brief workshop on how we teach Relationship, Sexual and Health Education (RSHE) and there will be opportunity to see some of the materials we use on Tuesday 18th April at 2:30pm in the junior school hall.

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appointment to see your child's class teacher as soon as possible, or send a letter stating you wish your child to be withdrawn from these lessons.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

RSHE Book recommendations

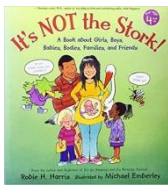


1. [What's the Big Secret?](#) by Laurie Krasny Brown

Appropriate age: 4+

Approach: Best used to begin the conversation.

Answers questions like: Are boys and girls different on the inside? How do you tell girls and boys apart? Do girls and boys have the same feelings? Is sex a dirty word? Where do babies come from? What does being pregnant mean? How do you get a belly button? Tell me about when I was a baby...

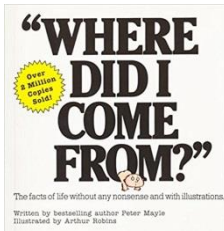


2. [It's Not the Stork!](#) by Robie H. Harris and Michael Emberley

Appropriate age: Around 5+, use your judgement.

Approach: Quality reading time, and answering questions.

This is a great resource for answering young children's questions. The text in this book is moderately explicit, using terms such as penis and vagina, but has no explicit images. The adults do things "under the covers" in the illustrations, but the text does not evade answering questions. Advertised for kids as young as 4, remember to use your judgement. If nothing else, it's a great book for the first "talk."

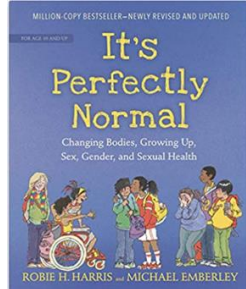


3. [Where Did I Come From?](#) by Peter Mayle

Appropriate Audience: Around 5+, use your judgement

Approach: Quality reading time for one-on-one discussion.

Where Did I Come From? has been popular for generations of families. With tasteful but accurate illustrations, kids are introduced to the basics of life. This is a great book for answering enough questions to put off a bigger "talk." It answers all the right questions, and provides a "cute" picture book for learning anatomy. Great for the nursery coming home with more questions than you are ready for.



4. *It's Perfectly Normal: Changing Bodies, Growing Up, Sex, and Sexual Health* by Robie Harris and Michael Emberley

Appropriate audience: 10+

Approach: Read some together, then let the book do the talking. Answer questions appropriately.

This thorough guide to changing bodies, growing up, sex, and sexual health does a great job covering all the bases, including embarrassing erections! The newest edition now includes a chapter on the safe use of the Internet. The illustrations are for older kids, but are creative and eye-catching. If you are looking for upfront and non-biased information, this is easily the best bet for anyone over 10. Definitely use your judgement, though. You know what's best for your kids.