

Vane Close, Thorpe St. Andrew, Norwich. NR7 0US

Tel: 01603 436180

Email: office-ds@yare-edu.org.uk

Website: dussindaleprimary.co.uk

Executive Headteacher: Mrs Louise Norgate

Thursday 6th June 2024

Dear Parents and Carers,

Year 1 PSHE

I am writing to you to let you know that this term, Year 1 will be teaching their 'changing me' unit. Children are introduced to life cycles e.g. that of a frog and identify the different stages. They compare this with a human life cycle and look at simple changes from baby to adult e.g. getting taller, learning to walk etc. They discuss how they have changed so far and that people grow up at different rates. As part of a school's safeguarding duty, pupils are taught the correct words for private parts of the body that they might use if talking to a doctor or a nurse. (those kept private by underwear: vagina, anus, penis, testicles, vulva). They are also taught that nobody has the right to hurt these parts of the body. Change is discussed as a natural and normal part of getting older which can bring about happy and sad feelings. Children will practise a range of skills to help manage their feelings and learn how to access help if they are worried about change, or if someone is hurting them or making them feel uncomfortable.

All materials have been carefully selected and all staff have received training to ensure this is delivered in a factual and age appropriate way. As part of the sessions, children will have the opportunity to ask questions or voice any concerns using an 'ask it basket'. If you wish to view any of the materials being used in the lessons please contact me via the school office and I will be able to arrange a time to show you the resources.

Class teachers will post a knowledge organiser and a list of picture books on Class Dojo to support home learning or help answer any questions that may occur.

I thank you in anticipation of your support.

Yours sincerely,

Miss Lee

PSHE/RSE Lead



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