



ADDMORE FEDERATION  
'Together we add more'

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Executive Headteacher: Mrs S Henney,  
BA(Hons), MEd, NPQH, NASENCO

### Wrekin Class - PSHE/RSE

October 2023

Dear Parents/Guardians,

#### **RSE in schools**

"Relationships and sex education" is teaching pupils about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online. From September 2020, Relationships and Health Education became statutory in primary schools and Relationships, Sex and Health Education became statutory in secondary schools. 'When children are comfortable talking about relationships and sex education, it has a very positive impact on their life. Good quality conversations about RSE help to keep children safe, improves their communication, increases everyone's understanding of relationships and improves their self-esteem and confidence.'

During EYFS, keystage 1 and keystage 2 children will learn about:

- Families and people who care for us
- Caring friendships
- Respectful relationships
- Online relationships
- Staying safe

#### **Wrekin Class**

As part of our Relationship and Sex Education over the next half term we will be delivering work based on the topic of relationships, looking at bullying and body language. To deliver this we use a combination of resources from NSPCC 'PANTS' and the 1Decision Program of Study. By the end of this unit children should be able to:

- Be able to recognise and name a range of feelings
- Understand why we should care about other people's feelings
- To be able to recognise and understand bullying behaviours
- Know how to cope with bullying behaviours
- Understand that feelings can be shown without words
- Be able to see a situation from another person's point of view
- Understand why it is important to care about other people's feelings.

If you would like to know more about this, then please look at our school website or speak to your child's class teacher who will be more than happy to help.

We have a range of books on PSHE topics available from our lending library in reception. Please have a browse and borrow any books which may help with conversations and questions at home.

Many thanks,

Mrs E Rawsthorne  
**PSHE lead**

