Hill View Primary Academy

PHSE – Relationships Education   **Friday 26th April 2024**

Dear Parents/Guardians,

From the week commencing 3rd June, we will be teaching the 'Growing and Changing' unit of SCARF.

As you may be aware, this unit will cover aspects of Relationships Education (RSE). As a result, your child may come home and have questions or talk about the topics that we will be discussing in class. Please find below an overview of the unit which will be taught throughout the last term of school.

Year 1	
Lesson name:	**Lesson Overview:**
Healthy me	Children will be able to: • Understand that the body gets energy from food, water and air (oxygen); • Recognise that exercise and sleep are important parts of a healthy lifestyle.
Then and now	Children will be able to: • Identify things they could do as a baby, a toddler and can do now; • Identify the people who help/helped them at those different stages.
Taking care of a baby	Children will be able to: • Understand some of the tasks required to look after a baby; • Explain how to meet the basic needs of a baby, for example, eye contact, cuddling, washing, changing, feeding.
Who can help? (2)	Children will be able to: • Explain the difference between teasing and bullying; • Give examples of what they can do if they experience or witness bullying; • Say who they could get help from in a bullying situation.
Surprises and secrets	Children will be able to: • Explain the difference between a secret and a nice surprise; • Identify situations as being secrets or surprises; • Identify who they can talk to if they feel uncomfortable about any secret they are told, or told to keep.
Keeping	Children will be able to:

privates private	• Identify parts of the body that are private; • Describe ways in which private parts can be kept private; • Identify people they can talk to about their private parts.

Should you have any questions, please speak to your child's class teacher or Miss Vahidi.

Thank you for your continued co-operation.

Miss L Vahidi
P.S.H.E. lead