

Dear Parents and Carers,

As part of your child's education at Oasis Academy Short Heath, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that this half term, week commencing April 29<sup>th</sup>, 2024, your child's class will be taking part in 3 lessons which will focus on the Relationships and Sex Education (RSE) aspect of this programme.

**Lessons in Year 1 will include pupils learning about:**

- Who are the people in my life that love and care for me (family)
- What are the differences and similarities between people?
- What are the similarities between girls and boys? (body parts).

**Lessons in Year 2 will include pupils learning about:**

- What is private? (body parts)
- What happens when the body grows - young to old?
- What is fair, unfair, kind and unkind? (friendship)

**Lessons in Year 3 will include pupils learning about:**

- What is personal space?
- What does a healthy relationship look and feel like?
- Why is being respectful important in relationships?

**Lessons in Year 4 will include pupils learning about:**

- What is diversity?
- How can I challenge stereotypes?
- What changes happen to my body to become an adult? (puberty & personal hygiene).

**Lessons in Year 5 will include pupils learning about:**

- Lesson 1 - What are the different relationships in my life?  
What is appropriate and inappropriate touch?  
What is a worry secret?
- Lessons 2 & 3 - What is puberty? (Physical and emotional changes,  
personal hygiene and menstruation)



Principal - Mrs Elaine Darnbrough

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**Lessons in Year 6 will include pupils learning about:**

- Lesson 1 - What responsibilities do I have in my life and how will they change in the future? How can I cope with transition to secondary school?
- Lesson 2 - What happens in a loving relationship? (including marriage) and what is a forced marriage?
- Lesson 3 - How is a baby made? (human lifecycle)

PSHE education is taught throughout the school in every year group, and it is monitored and reviewed regularly by the staff and senior leadership team. All PSHE teaching will take place in a safe learning environment and is underpinned by our school's ethos and values.

If you would like to find out more about what your child will be learning, please visit our school website. You can find out more about what children will be learning: within Learning; the Oasis Curriculum; Personal Development including PSHE- **PD Overview**. This will show you what materials and resources are used and how you can best support your child when discussing these topics at home.

If you have any questions or concerns after looking at the website, please contact me via the school office.

Yours sincerely,

Mrs E. Darnbrough

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