

What is PSHE including RSE?

Reception

My body and my health

Relationships

Life Cycles

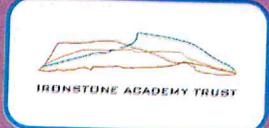
Keeping safe and looking after myself

People who help me

Feelings and attitudes

Mental wellbeing

Living in our world



Why do we teach RSHE?

Relationships, Sex and Health Education (RSE) is a statutory part of the National Curriculum and it forms part of the wider PSHE curriculum.

It helps children to make informed decisions about relationships and friendships, emotional well-being, staying safe both online and offline and changes in their life and to their bodies. It supports our children in preparing for all the opportunities, challenges, life decisions and responsibilities they'll face.

This leaflet gives information on the RSHE curriculum we deliver and the use of themes, resources and progressive vocabulary to talk about well-being, health and relationships at an age appropriate level.

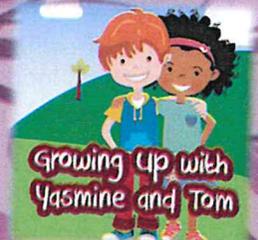
Relationships

We talk about our families and how families are all different. We will be using the books *'The Family Book'* and *'What type of family are we?'* amongst others. We will be drawing our families and talking about people who are special to us. We will be making play dough faces and collages of our families.

As part of this work, we will explore diversity within families and celebrate this by creating a classroom display including each child and their family. We may ask you to share a photograph of your family to help with this.

My body and my health

We will be looking at keeping ourselves clean every day and daily routines such as brushing teeth and hair. We will be looking at why it is important we have a bath or shower regularly. As part of this we will be talking about handwashing to understand why it is important and how we need to do it. We will be using the NHS handwashing video to learn about this. In the Summer Term, we will be thinking about how girls' and boys' bodies are different. We will also be learning the biological names of the body parts for girls and boys. We will also be thinking about how to keep ourselves safe when it is sunny.



Life cycles

We will be thinking about how other children are similar and different and discussing how we treat everyone with kindness and respect. This creates an opportunity to celebrate our differences. We will use the book *Wake up World* to support looking at different cultures. This unit of work is very closely linked to, and will be taught through, science.

Feelings and attitudes

In Reception we will be developing our independence skills with our daily routines and knowing which things we can do for ourselves and which things we need to ask for help with.

We will also be developing our resilience and working hard to always try our best even when things are tricky. We will celebrate each child's personal achievements since starting school. We will also talk about the values they share as a class.

Mental Wellbeing

We will be thinking about our feelings and learning to understand them better. We will have daily verbal check-ins to see how the children are feeling each day and discuss these feelings with them. We will be exploring this through different books including *'The Colour Monster'*, and *'Ruby's worry'*. We have also got a worry monster in our class to help us talk about how we are feeling.

Keeping safe and looking after myself

In Reception, we will be talking about when we need to say 'yes', 'no', 'I'll ask' and 'I'll tell'. We will be using resources from the NSPCC and books such as *'I can be safe'*. We will be looking at the very basics of internet safety and sorting pictures to help our understanding. During Road Safety week we will learn how we can be safe when walking by roads and how to cross the road safely.

We will also use this unit to look at keeping secrets and how there are some secrets we should not keep so that we are safe.



People who help me

In Reception, we look carefully at all the people in our lives who we can talk to if we need help or if we are worried about something. We will use the book *'The huge bag of worries'* to support this.

The children will look at those people who keep us safe in the wider community such as: the police, fire service, school crossing patrol, paramedics etc.

Living in our World

Over the year, we will be learning about what our responsibilities are and how to care for the school environment. We will discuss how to look after friends and treat them with respect. We will use books such as *'I can't do that YET'*, the *'Greta Thunberg/Emily Pankhurst' Little People, Big Dreams* series and *10 things I can do to look after my world*.

Further information for parents and carers

We aim to work in partnership with parents and carers by ensuring you are well informed about curriculum content. We welcome your questions and are happy to share resources and teaching materials. Please contact your child's class teacher if you would like more information.

DFE information for parents:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

If you have any further questions about RSHE, please visit our school website or contact:

<https://riverdale.ironstoneacademy.org.uk/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents>