



Edgewood Primary School

Building skills and values for life

Headteacher: Mr Ed Seeley (0115) 956 1337 <mailto:head@edgewood.notts.sch.uk>
www.edgewoodprimaryschool.co.uk office@edgewood.notts.sch.uk

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Dear Parents/Carers,

Below is all the information you need about the PSHRE topic in KS1 this coming half term.

This half term, your child's PSHRE and Citizenship topic is 'Growing Up'. This topic is an introduction to how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies, respecting their own and others' bodies and what consent means. They will learn about gender stereotypes and different types of families. This topic also covers changes and how these impact on our lives and emotions.

This half term we will be exploring these questions:

Lesson 1: Families - what is a family and what makes families special? How are families different?

Lesson 2: Getting older - what will we be able to do next year? How will we change as we grow older?

Lesson 3: Boy and Girls - can we tell what someone is like depending on if they are a boy or a girl? What is a stereotype?

Lesson 4: Bodies - what are the main parts of our bodies? What are the differences between girls and boys?

Lesson 5: Consent - what is 'consent' and what are the rules for respecting people's bodies? What should we do if these rules are broken?

Lesson 6: Changes - what are some changes that might happen in people's lives? What feelings can these changes cause? (NB – This lesson briefly mentions loss.)

Obviously, these conversations will bring with them some new and at times embarrassing vocabulary. Below is a (non-exhaustive) list of vocabulary we will be using in lessons and will encourage the children to do the same:

consent, female, male, stereotype, family, private, vagina, vulva, penis, testicles, respect, gender, independence, responsibility



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Christchurch Road, Hucknall, Nottinghamshire, NG15 6HX

PSHRE stands for Personal, Social, Health and Relationships Education. It is an important part of the school curriculum that aims to teach children the knowledge and skills they need to stay safe, happy and healthy, while preparing them for their life ahead. We understand that some parts of the PSHRE and Citizenship curriculum involve exploring sensitive or controversial issues. That's why all adults involved in delivering your child's PSHRE and Citizenship education will make every effort to establish a supportive and positive environment for learning. Children will be given opportunities to ask any questions they may have and adults in the class will set aside time to explore any questions or issues that are raised in the course of the lesson.

We hope that you will also continue these conversations with your child at home.

If you have any questions or concerns regarding your child's PSHRE and Citizenship lessons, or anything else, please don't hesitate to get in touch.

Yours Sincerely

KS1 Team