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Dear Parent/Carer,

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

After the Half Term break, all year groups will be using our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

- **Year 3 children** will be exploring '*Body Space*' and '*My Changing Body*'. During these lessons, correct vocabulary will be taught and shared with your child. This includes the scientific vocabulary of penis, vulva and vagina. These scientific names are used across all years, so that children are able to express themselves clearly when talking about these body parts. We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to use this vocabulary with your child at home as well.
- **Year 4 children**, in addition to the above, will be learning about how bodies and emotions change during puberty, including some information about the menstruation cycle. During these lessons, correct vocabulary will be taught and shared with your child. We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas <https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>  
According to the NHS, it is perfectly normal for puberty to begin at any point between the ages of 8 and 13. With this in mind, although for some children it might seem too soon, it is important that all our pupils have had an opportunity to learn about puberty prior to them experiencing it.

Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

If further advice/support is required or you have any questions/feedback about the SCARF programme itself, please do not hesitate to contact your child's class teacher or Mrs Panni, the PSHE lead teacher.

Yours sincerely, the Y3/4 Team



Valid to: June 2021



## What can I do to support my child's learning at home?

The statutory guidance is clear in recognising that a parent/carer is a child's primary educator in these matters. There are a many things you can do to support your child's understanding and encourage them to ask questions. Here are some ideas you can try:

1. If you feel it is time to talk to your child about growing up and the changes they are likely to experience it's best to offer it in small chunks, rather than do it in one go, often known as 'The Talk'. This gives children time to digest the new information and ask you further questions as they develop more understanding.
2. If your child asks you questions try to stay calm, and not worry if you don't know the answer. There are plenty of websites that you can use together to help you find the answers to their questions in a factual, honest, age appropriate way (see details below for resources on the SCARF website).
3. Use everyday opportunities to bring up the topic; things you see on TV or hear on the radio can be great conversation starters to talk about topics such as relationships, sex and body image. Reading books with your child is also a great way of introducing topics and helping children to understand themselves, their bodies and the world around them.
4. If you do have family names for genitals, ensure your child also knows their scientific names too. Nobody likes to think their child is at risk of abuse, but knowing the correct words for their genitals will help them report abuse if it did ever happen.
5. By showing your child that you are comfortable with them asking you questions now, you are helping to develop a relationship with them where they can seek your advice and support in their adolescent years.
6. Visit the [Coram Life Education SCARF webpage](#) for more information including a list of books and websites that will support both you and your child along with some activities you to support their learning.