



'At the heart of learning in the community'

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Dear parents and carers,

Re: RSHE and NSPCC PANTS

During the summer term, our PSHE lessons will focus on RSHE (relationships education, sex education, health education). The core aim of the RSHE curriculum is to support children in a rapidly changing world, in which they may receive knowledge about this topic through a variety of sources – making it difficult for them to know fact from fiction:

We will be using resources published by Jigsaw PSHE. In the attached document, you can see what will be covered during RSHE lessons as children progress through the school. Where appropriate, children will continue to be taught in mixed-age classes

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

(DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)

but they may divide into year groups for some aspects of this curriculum.

We have chosen to use Jigsaw because it is a sensitive and age-appropriate curriculum. I would strongly encourage you to read the attached guide (produced by Jigsaw) for parents and carers about RSHE.

If you would like to discuss this further or view any more of the Jigsaw resources with your child's class teacher or myself, then please do not hesitate to contact the school.

This term we will also be discussing the NSPCC's Underwear Rule in our PSHE

lessons. During these discussions we will aim to teach our pupils the following important safety skills without giving explicit information or telling scary stories. We will be teaching our pupils the NSPCC's Underwear Rule, using the 'PANTS' acronym, which is like a green cross code for staying safe from sexual abuse.

PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up, someone can help

The lessons will introduce a range of ideas, all delivered in a way that's fully age-appropriate. These include:

- "appropriate" and "inappropriate" touching
- your child's right to say no to things that make them feel upset or uncomfortable
- naming parts of the body
- who your child can turn to if they ever feel upset or worried.

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe in partnership with your child's school, more information can be found at nspcc.org.uk/underwearrule

Yours sincerely,

Mrs Squirrell

PSHE Coordinator