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Dear Parent/Carer

Following the government Department for Education consultation in 2018 about "Relationships Education, Relationships and Sex Education, and Health Education in England" we will now be incorporating the new All About Me programme into our curriculum from July 2019.

This new programme links directly to our Protective Behaviours programme which is fully focused on keeping all children safe. All About Me takes place for one week in the school year and consists of five lessons covering the below topics, which are the same from Reception to Year 2.

1. All About Me
2. My Relationships
3. My Thoughts, Feelings and Behaviours
4. Me and My Body
5. My Choices and Personal Boundaries

The content is tailored to each year group and attached is a more detailed overview of what will be covered in the current year group of your child.

There is a parent website available where you can find information about the programme, including samples of resources and lessons, a section of frequently asked questions, plus a list of helpful books that are recommended. You will find the link to the website here:
<https://www.warwickshire.gov.uk/allaboutme>

Before we deliver the new materials, we have arranged a time to allow parents and carers the opportunity to talk through the programme further. A meeting will take place on Wednesday the 26th June from 9.00am - 10.00am in the school hall. Jonny Hunt from All About Me will be available to discuss the programme further and to answer any questions that you may have.



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Under the new guidance, Relationships Education and Health Education will be statutory from September 2019, meaning that parents will not be able to opt their child out of these lessons. Parents will retain the right to opt their child out of sex education lessons, as under the new guidance these are recommended but not statutory. Further questions about this can be asked at the parents meeting.

We are very excited about the new programme and resources and look forward to sharing it with you. If you have any questions in the meantime, please talk to your class teacher.

Kind Regards

L Shearsby
PSHE Coordinator



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Year Two

2. Me & My Relationships. How do we show people we care for them?

- Children will consider who we can feel love for.
- Children will think about whether we can feel different types of love in different relationships, such as within families, between friends & romantic relations.
- Children will explore different ways we can show people who are important to us that we care about them and the difficulties of sometimes doing so.

Today we have talked about the important people in our lives and all the people we can feel love for. There are lots of ways we can show we care for the important people in our lives. It is nice to know that people care about us, and it is important to show people that we care about them equally.

4. Me and My Body: My body, my rules

- Children will be given the opportunity to recognise their Early Warning Signs - the physical cues that they feel unsafe.
- Children will consider their own rules for how they like to be touched by others and the rules of when it is appropriate to touch themselves - including self-stimulation.
- Children will learn the rules surrounding private parts in line with the NSPCC PANTS rules.
- Supports key messages from the Protective Behaviours Taking Care Programme.

Our bodies are really very clever, they give us clues as to how we are feeling.

Our bodies belong to us and we get to choose who and how we are touched. Equally we need to respect other people's bodies too and we should never touch them in a way they don't like either.

We have talked about lots of the rules about our body and how to manage our feelings. Remember, there are lots of people we can ask for help if we are worried.

1. All About Me. Do girls & boys fit in boxes?

- To help promote positive expectations, aspirations and identities for both girls and boys.
- Children will be given the opportunity to explore the physical and behavioural differences between boys and girls.
- Children will learn to challenge the gender stereotypes and social assumptions.

Today we explored what we expect girls and boys to be like. But we realised that just because you happen to be a girl or a boy doesn't automatically mean you have to like certain things or can't do certain things, girls and boys don't all fit neatly in the same box. And you can grow up to do anything you want to do.

3. Me, My Thoughts, Feelings & Behaviours. When anger is about (1)

Lesson Objectives:

- To help children understand and better manage their anger.
- Children will learn that feeling angry is perfectly normal. Anger is not a bad or a wrong way to feel. What is important is how they behave when they feel angry.
- Children will consider what makes them angry and learn to recognise their own physical signs and triggers.
- Children will explore how it feels to be calm and learn strategies to help them better manage their emotions.

We all feel angry sometimes and it is OK to feel this way, but it is never OK to hurt others or yourself. There are other ways of dealing with things other than letting anger take control. Especially if we know how to spot the signs that we are becoming angry.

5. Me, My Choices and Personal Boundaries.

- Children will have an opportunity to review the rules they have learned about safe and appropriate touching, and personal boundaries.
- Children will be reminded that feelings are neither good or bad, but that there are things we can do that will help.
- Children will be able to think about who they can talk to if they need help.
- Supports key messages from the Protective Behaviours Taking Care Programme.