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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.



INVESTOR IN PEOPLE



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



Reception

2. My Relationships: What makes a family

- Children will be given the opportunity to think about personal relationships and who is important in their lives.
- Children will explore a variety of different types of families and understand that not all families are the same.
- Children will understand the importance of relationships to help support us and help us to feel safe.

Everyone has the need for friends and family, and people around them who can support and care for them. Remember all families are unique and special. It doesn't necessarily matter who lives in our houses with us, but that our home is somewhere we feel safe, cared for and loved. And that we have people around us that help us to feel happy and we can go to for help and support, some of those people may be on our personal support networks.

4. Me and My Body: My body belongs to me

- Children will explore the similarities and differences in bodies between friends, including the physical differences between boys and girls.
- Children will use the correct names for their personal body parts.
- Children will understand that their body belongs to them, and no one should touch them in a way they are uncomfortable with.
- Children will learn about Private parts of the body in line with the NSPCC PANTS rule.
- Supports key messages from the Protective Behaviours Taking Care Programme.

Our bodies are fantastic! We are all similar but also unique in our own ways. Remember our body belongs to... (who?). No one should touch our bodies unless we say it is ok; especially our private parts, and it should never be a secret.

Remember your body belongs to you and no one should touch you in a way you don't like. But equally, just because something may feel nice to you, doesn't mean that everyone else will like it too. We need to listen if someone else tells us no or to stop when they don't like a way we are touching them.

1. All About Me: It's me

- Children will have the opportunity to explore the physical similarities and differences between friends.
- By the end of the lesson children will understand that we are all unique and special in our own way.

So we have found lots of things we have in common and realised there are lots of similarities between us, we may share the same like or dislike have the same colour eyes or hair, but we are all unique in our own way and that is what makes us special. Because no one else, is quite like you!

3. My Thoughts, Feelings & Behaviours: Exploring feelings

- Children will have the opportunity to think about different emotions and explore how people may look and act when they have these feelings.
- Children will learn that feelings are neither good or bad, right or wrong. It is how we behave when we have these feelings that make them either positive or negative.
- Supports key messages from the Protective Behaviours Taking Care Programme.

There are no such things as bad feelings. But sometimes the way we behave makes a feeling good or bad. We all can all feel angry, sad or worried from time to time. It is natural to feel this way, but it is never ok to hurt others or yourself. There are other ways, better ways of dealing with them.

5. My Choices and Personal Boundaries: Touch & feel

- Children will be given the opportunity to explore a variety of different touch and feel sensations and allowed to decide which they like and dislike.
- By the end of the lesson children will understand that just because they like how something feels, does not mean that everyone feels the same.
- Children will learn that no one should be touched in a way they find uncomfortable and what to do if someone does.
- Children will be given the opportunity to practice saying NO and that no and stop should always be listened to.