ADDMORE FEDERATION
'Together we add more'

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Year 1 & 2 – RSHE

Dear Parents/Guardians,

At Addmore Federation, we recognise that high-quality Relationships, Sex and Health Education (RSHE) is essential to pupils' personal development, wellbeing, and safety. RSHE supports children to develop the knowledge, skills, and attitudes they need to form positive relationships, manage emotions, stay healthy, and make informed decisions as they grow.

Relationships Education in keystage 1 and 2.

Relationships Education supports pupils to develop healthy, respectful relationships. This includes learning about:

- diverse family structures
- stable and caring relationships
- recognising when family relationships are unsafe
- friendship, loneliness and inclusion
- respect, kindness and managing conflict
- bullying and derogatory language
- boundaries and privacy
- recognising emotional, physical and sexual abuse
- knowing how and where to report concerns
- understanding that abuse is never the child's fault
- online safety and risks
- finical/scam risk online

Year 1and 2

As part of our Relationship Education over the next half term we will be delivering work based on the topic of **bullying** and **body language**. To deliver this we use a combination of resources from NSPCC 'Speak out to stay safe' and the 1Decision Program of Study. By the end of this unit children should be able to:

Bullying

- name a range of feelings
- understand why we should care about other people's feelings
- be able to see and understand bullying behaviours
- know how to cope with these bullying behaviours

Body Language
- recognise and name a range of feelings
- understand that feelings can be shown without words
- be able to see a situation from another person's point of view
- explain why it is important to care about other people's feelings

If you would like to know more about this, then please look at our school website or speak to your child's class teacher who will be more than happy to help.

We use 1Decision as a tool for delivering our RSHE curriculum. For more information please look at the 1Decision parent portal. This section of the website is designed for parents and carers whose children attend schools using 1decision as part of their curriculum. You'll find an introduction to the 1decision resources we used in school and how it supports your child's learning, along with a selection of topics and lessons you can explore. You'll also discover additional resources to help further support your child's personal development at home.

https://www.1decision.co.uk/resources/parent-carer-zone

We would like to invite parents to a RSHE workshop on Friday 6th November, this will be a chance for us to share the curriculum and learning materials with you. It will focus on the relationship and sex education topics covered in year 5/6 but is open to all parents.

We also have a range of books on RSHE topics available from our lending library in reception. Please have a browse and borrow any books which may help with conversations and questions at home.

Thank you for your continued support,

Many thanks,
Mrs N Rawsthorne

RSHE lead