

# Preston Manor Lower School Relationships, Health and Sex Education

## Reception

## New Guidance

- ▶ Health and Relationships Education is mandatory in all state-funded Primary Schools starting September 2020
- ▶ As parents/carers, you have the right to withdraw your child from all or parts of Sex Education lessons, but not Health and Relationships Education lessons.
- ▶ There is only 1 element of sex education, which happens in Year 6. Year 6 parents can withdraw their child from this if they wish.

## Aim of this meeting

You will have the opportunity to look at the content of these lessons, and have a discussion with the teacher, prior to them being taught.

### Overview of RHSE Curriculum for Reception:

- ▶ **Myself/My body/Personal hygiene**
- ▶ **Friendship**
- ▶ **Routines**
- ▶ **Feelings**

# Relationships

- ▶ In Reception children will be expected to talk about how they and others show feelings, talk about their own and others' behaviour, and its consequences, and know that some behaviour is unacceptable. They will learn how to deal and solve conflicts with their peers.
- ▶ They work as part of a group or class, and understand and follow the rules. They adjust their behaviour to different situations, and take changes of routine in their stride. They will gradually understand why rules are important.
- ▶ Children play cooperatively, taking turns with others. They take account of one another's ideas about how to organise their activity. They show sensitivity to others' needs and feelings, and form positive relationships with adults and other children.

Emotions



Feelings



Taking turns

Friendships



# Myself / My Body

Same/different

- ▶ They know about similarities and differences between themselves and others, and among families, communities and traditions.
- ▶ They know that other children have different likes and dislikes and that they may be good at different things. They understand that different people have different beliefs, attitudes, customs and traditions and why it is important to treat them with respect.
- ▶ Children will develop their sense of responsibility and membership of a community. They will show more confidence in new social situations.
- ▶ Children in reception will be learning to manage their own needs, including personal hygiene. They will also know and talk about factors that support their overall health and well-being such as healthy eating, having a good sleep routine and sensible amounts of 'screen time.'



Communities

Body parts

**My body**

Cut out the labels. Stick each label next to the correct part of the body. Can you add some labels of your own?

head
body
leg
neck
foot
finger
hand
arm