



Dear Parent/Carer(s),

As part of our school's Personal, Social, Health and Economic education (PSHEe), children in years 1 to 6 will shortly be covering the topic 'Safety and the changing body'. The programme has been written by education and health professionals and is based on current good practice and national guidance.

The programme covers a range of topics in an age-appropriate manner and helps children to make sense of the physical, emotional and mental changes that are happening to them, as well as helping them to keep themselves healthy and safe. The purpose of this letter is to inform you that this work will commence this half term.

The following content will be delivered to children in Key Stage 1 and 2:

Year 1	Adults in school, Adults outside of school, Getting lost, Making an emergency phone call, Appropriate contact, Safety with substances, Safety at home, People who help to keep us safe
Year 2	Asking Permission, Communicating with people I know online, Being kind to other people, Secrets and surprises, Appropriate contact: my private parts, Appropriate contact: my private parts are private, Road safety, Crossing roads safely, Staying safe with medicine
Year 3	Similar likes and interests online, Changing your mind about trusting anyone, Giving and gaining permission, First aid: emergencies and calling for help, First aid: bites and stings, Drugs, alcohol and tobacco: making choices, Drugs, alcohol and tobacco: influences, Keeping safe out and about
Year 4	Strategies for safe and fun experiences, Healthy and unhealthy online behaviours, Other people's thoughts, feelings and beliefs, First aid: asthma, Privacy and secrecy, Growing up, Introducing puberty, Tobacco, Menstruation (Girls only)
Year 5	Harmful communication, Seeking help, Supporting others, Puberty, Menstruation, Emotional changes in puberty, First aid: bleeding, Alcohol, drugs and tobacco: making decisions
Year 6	Positive and negative impact, Respecting boundaries, Sharing privately online, Sharing inappropriate images, Alcohol, Physical and emotional changes in

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	puberty, Conception, Pregnancy and birth, First aid: choking, First aid: basic life support
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You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues such as those above before the work is covered in school.

Kind regards,

Mrs Paal

PSHE Coordinator