



OTLEY ROAD  
KILLINGHALL  
HARROGATE  
NORTH YORKSHIRE  
HG3 2DW

☎: 01423 506307  
Fax: 01423 506307  
www.killinghall.n-yorks.sch.uk

Headteacher: Mrs. Sarah Bassitt  
admin@killinghall.n-yorks.sch.uk

10<sup>th</sup> March 2021

## Relationships and Health Education – Reception to Year 4

Dear Parents,

As part of the new statutory relationships and health education curriculum, children across all year groups are now required to learn about a range of new subject areas in order to teach them the fundamental building blocks of positive relationships and healthy living. 'Relationships education' covers topics such as families, friendships and how to recognise safe and respectful relationships. 'Health education' teaches children how to make good decisions about their own health and wellbeing.

Children will learn about a range of topics at an age-appropriate level, including:

Health Education	Relationships Education
<ul style="list-style-type: none"> <li>• Mental wellbeing</li> <li>• Internet safety and harms</li> <li>• Physical health and fitness</li> <li>• Healthy eating</li> <li>• Drugs, alcohol and tobacco (KS2)</li> <li>• Health and prevention</li> <li>• Basic First Aid</li> <li>• Our bodies and how they change* (<i>including the correct terminology for 'private' body parts</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Families and people who care for me</li> <li>• Caring friendships</li> <li>• Respectful relationships</li> <li>• Online relationships</li> <li>• Being safe in relationships and around others</li> </ul>

\* This covers basic changes that occur prior to adolescence. Specific learning on puberty is covered in Years 5 and 6.

Learning on relationships and our bodies will take part in the summer term, as part of our 'Relationships' and our 'Changing Me' units. These units are all provided through the Jigsaw PSHE scheme, which has been specifically designed in line with the new statutory curriculum requirements and age groups we have in school.

If you do have any queries regarding any of these topics, please contact your child's class teacher via email before this.

Yours sincerely,

Miss Sian Daniel  
PSHE Leader