



June 2025

Dear Parents and Carers,

### Sex and Relationships Education (SRE)

In Year 1 this half term, we will be beginning our Sex & Relationships Education, which covers some elements of Science and Personal, Social and Health Education (PSHE).

To help introduce and explain certain elements, we will use a range of age appropriate resources and methods, including printed materials, books, discussions and role play. Girls and boys will cover the same content.

Over the course of the unit we will be covering:

- Body Knowledge
  - Recognising and naming the main external parts of the body, including using appropriate names for private parts.
- Body Functions and Changes
  - Describe what their bodies can do
- Body Awareness and Image
  - Recognise they have responsibility for their body's actions
  - Know their body belongs to them, covering the NSPCC Underwear Rule
- Personal Hygiene
  - Know how to keep themselves clean
- Illness/Disease Prevention
  - Understand and describe basic hygiene practices
  - Recognise how to prevent the spread of diseases

We would encourage you to discuss these areas with your children before, during and after our topic, as children and young people say that they greatly value being able to talk to their parents/carers about these issues. Please see the accompanying leaflet for more information about our curriculum and where to go for additional guidance.

If you would like to discuss any issues relating to our learning on Sex & Relationships Education or to find out more about the lessons, please come and speak to us.

Yours sincerely,

C.Dibden & M.Pledger  
Year 1 Class Teachers

*'Be the best that we can be'*

