



Birches First School

Believe, Grow, Succeed ...

...to be the best 'me' I can be.

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24th January 2022

Dear Parent/Carer,

As part of our aim to help our children be healthy, safe and responsible, we teach Personal, Social and Health Education (PSHE) lessons in school. PSHE is taught throughout the school in every year group and gives children the knowledge, understanding, attitudes and practical skills they need to manage their lives and contribute positively to society.

In our upcoming lesson regarding 'Healthy and Happy Me', Year 3 will be focusing on several aspects of the human body. This will include:

- Naming parts of the body, both internal and external.
- Describing the similarities and differences between girls and boys (including scientific names for male and female body parts).
- How to maintain personal hygiene.

All lessons will be delivered in a way that is fully age appropriate and sensitive.

If you have any questions or concerns please don't hesitate to get in touch.

Best wishes,

Mr D Jones

Year 3 Class Teacher