



Birches First School

Believe, Grow, Succeed ...
...to be the best 'me' I can be.



20th March 2024

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.

After Easter and the following weeks, Year 2 will be focusing on the topic, 'Happy and Healthy Me'. The lessons will introduce a range of ideas. These include:

- Naming parts of the body (penis, testicles/testes, vulva - sometimes called the vagina, but vulva is the correct terminology)
 - Describing the similarities and differences between girls and boys (including scientific names for male and female body parts as above).
 - How to maintain personal hygiene
 - How to make simple choices that improve health and wellbeing.

Other vocabulary the children will be using and taught:- private parts, permission, boundaries, personal space, consent, trust. They will also become more familiar with the PANTS Rule (NSPCC)

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>.

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

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

Best wishes,

Mrs K Kandola

Year 2 Class Teacher