



Ysgol Gynradd Llanganna

Llangan Primary School



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RELATIONSHIP & SEXUALITY EDUCATION LESSONS

Dear Parent / Carers,

Relationship and Sexuality Education (RSE) is a mandatory aspect of the Curriculum for Wales set out by the Welsh Government. At Llangan School, we deliver an integrated curriculum where aspects of the RSE Code are taught to our children throughout the year, however, aspects of Growing Up which includes the strand *Sexual Health and Well-being* we plan to deliver to classes on the week beginning 8 July. The focus is very much about helping children to understand how to keep themselves and their body safe. These lessons are built on the work we do with the children throughout the year around friendships, understanding emotions and how they grow.

What is RSE?

Young people should have the right to access information that keeps them safe from harm. This includes learning about healthy relationships, keeping safe, online and offline, and being confident to raise issues with responsible adults. RSE is designed to safeguard all our children and young people, supporting them to develop knowledge, skills and behaviours that will assist in protecting them throughout their lives.

Llangan's RSE Scheme of Learning Unit: GROWING UP!

At Llangan we have a scheme of learning that follows the Welsh Network of Healthy Schools RSE advice which we supplement with resources from other agencies such as the NSPCC. These lessons help learners to move with confidence through childhood and into adolescence. As you may be aware, the school delivers an age-appropriate programme to all pupils to ensure they receive important messages about personal safety. Here is an overview of what each class in the school will be learning.

Infant Classes- Nursery, Reception, Year 1 and 2 (Progression Steps 1-2)		
Lesson	Topic	Statement of What Matters Curriculum For Wales
Lesson 1	NSPCC Underwear rule – keeping private parts private, using proper names for body parts.	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Lesson 2	Touch and the right to say 'no'.	Our decision-making impacts on the quality of our lives and the lives of others. <i>Health and Well-being WM3</i>
Lesson 3	Keeping secrets, people you can trust.	Our decision-making impacts on the quality of our lives and the lives of others <i>Health and Well-being WM3</i>
Lesson 4	Keeping clean.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>
Y3 and 4 (Progression Steps 2-3)		
Lesson	Topic	Statement of What Matters Curriculum For Wales
Lesson 1	Relationships: what makes a good friend?	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>

Lesson 2	Friendships- developing empathy.	Our decision-making impacts on the quality of our lives and the lives of others. <i>Health and Well-being WM3</i>
Lesson 3	Similarities & differences in male & female.	Developing physical health and well-being has lifelong benefits. <i>Health and Well-being WM1</i>
Lesson 4	Appropriate & Inappropriate touch.	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Y5 and 6 (Progression Steps 3)		
Lesson	Topic	Statement of What Matters Curriculum For Wales
Lesson 1	Friendships- understanding similarities and differences between people.	Healthy relationships are fundamental to our well-being. <i>Health and Well-being WM5</i>
Lesson 2	Physical differences at puberty include hygiene.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>
Lesson 3	Puberty- understanding puberty effects the body and emotions.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>
Lesson 4	Puberty-reproductive systems.	Developing physical health and well-being has lifelong benefits <i>Health and Well-being WM1</i>

RSE Parents' Information

As a school, we are keen to support you in your role at home to allow you to an engage with the teaching and deepen the experience for your child of our *Growing Up Lessons* and if you would like to find out more about the content you can access information on our school website: [llangan Primary School - RSE- Relationship & Sexuality Education \(llanganschool.org.uk\)](http://llanganprimaryschool.org.uk).

You can find more information about RSE in Curriculum for Wales here: [220804-rse-leaflet-en.pdf \(gov.wales\)](https://www.gov.wales) A number of the lessons are based on the NSPCC PANTS campaign, whose website also has excellent resources for parents/carers to use with their child/ren. If you would like to look at these resources, please go to: <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>. If you require more information about the lessons, please see your child's class teacher.

Thank you for your support.

Kind regards,



Mr James Griffiths
Headteacher



Mrs T Finucane
Health & Well-being Lead