

St. Peter's Catholic Primary School

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**'Christ at the
Centre'**



Head Teacher: Miss Louise Buxton

Dear Parents and Carers, Year R

As part of our statutory 'Relationships and Health Education' curriculum, the children will be learning about some of the differences between boys' and girls' bodies in their RSHE lesson in the fortnight beginning 9^h June 2025. You do not need to do anything, but I wanted you to be aware that the lesson is taking place in case any follow-up questions arise.

The lesson content for this session is outlined in more detail below.

Session	Lesson Content:	Learning Intention:
1	This session helps children learn that they are uniquely created by God and special because they are made and loved by Him. As children explore in more detail their uniqueness and what that means in real terms, this session aims to celebrate difference as well as individual gifts, talents and abilities.	Children will learn that: • We are each unique, with individual gifts, talents and skills. • Whilst we all have similarities because we are made in God's image, difference is part of God's plan!
2	This session requires children moving around and exploring the movements their bodies can make by taking part in a story where Freddy Teddy and Mollie the Cat take a morning walk. The rest of the session helps children realise how wonderful their unique, God-given bodies are. The session also briefly discusses, in an age-appropriate way, that privates are private	Children will learn that: • That their bodies are good and made by God • The names of the parts of the body (not genitalia)
3	With the ultimate aim of looking after our God-given bodies, this interactive session involves children helping Freddy Teddy to make good, healthy lifestyle decisions, including about exercise, diet, sleep and personal hygiene. Note that this session is not exhaustive and these topics will need to be revisited multiple times for children to really grasp them; rather, this session offers spiritual reasoning for why we should look after our bodies, and consolidates on the good practice being taught in schools.	Children will learn: • That our bodies are good and we need to look after them • What constitutes a healthy lifestyle, including exercise, diet, sleep and personal hygiene

There are also some great online resources created by the NSPCC that further support the message that our private parts are private. The NSPCC have created an online resource for parents along with a downloadable guide should you wish to discuss and reinforce this message with your child before or after their lesson in school:

- <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>
- <https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>
- <https://www.youtube.com/watch?v=-IL07JOGU5o&app=desktop>

Please do not hesitate to contact me if you have any questions.

Best wishes

Louise Buxton