

St. Peter's Catholic Primary School

Oliver's Battery Road North, Winchester, Hampshire SO22 4JB

Telephone: 01962 852820

Facsimile: 01962 855445

Email: admin@st-peters.hants.sch.uk

Web: www.stpetershants.co.uk



'Christ at the
Centre'



Head Teacher: Miss Louise Buxton

Dear Parents and Carers, Year 2

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 the fortnight beginning the 9th 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 will help pupils to remember that they're all special because they are made and loved by God. Children will be encouraged to notice similarities and celebrate differences between fictional people and each other as things that make us unique and special.	<ul style="list-style-type: none">To learn that we are unique, with individual gifts, talents and skills.
2	<p>This session starts by showing us that God created us to follow the cycle of life and He loves us at every stage. We are created to grow, change and learn, not least about the love of God and how we can share it with others. There can be joy in every stage of life!</p> <p>The session then moves to looking at the specifics of the human life cycle, and children will be encouraged to celebrate how they have already changed and grown.</p>	<ul style="list-style-type: none">Children will know and appreciate that there are natural life stages from birth to death, and what these are
3	This session focusses on healthy lifestyles and healthy eating in order to look after our bodies.	<p>Children will know:</p> <ul style="list-style-type: none">What sort of things do we do to stay healthy?Why is it important to have a good night's sleep?Why is it important to exercise regularly?

		<ul style="list-style-type: none">• Why is it important to eat healthy food?• Why is it important to have a wash and to brush our teeth?
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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=-lL07JOGU5o&app=desktop>

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

Best wishes

Louise Buxton