



**Rakegate Primary School**

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**Headteacher:** Mrs S L Horton

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Dear Parents/Carers,

### Nursery PSHE Changing Me

Within PSHE, we will be shortly starting our Changing Me topic, which forms an important part of our curriculum. As of September 2020, it is now statutory for schools to teach Relationships and Health Education.

We revised our curriculum to ensure we include all the statutory requirements and cover a range of topics in an age-appropriate way to enable children to make sense of the physical and emotional changes that are happening to them, as well as helping them to keep themselves healthy and safe.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk your child about issues before the work is covered in school.

In Nursery, we will be naming parts of the body and talking about the five senses (hear, see, taste, touch, smell). We will also be learning about making healthy choices, such as healthy eating and regular exercise.

### Vocabulary

eye, ear, knee, finger, foot, mouth, nose, stomach, eyebrow, arm, tongue, toe, forehead, chest, hand, leg

Further information regarding our PSHE and RSE curriculum can be found on the PSHE tab on our school website. If you have any concerns or questions regarding the content that will be taught, please contact school and we will make this available. Otherwise, we will assume you are happy for your child to receive the full programme of lessons.

Yours sincerely,

Mrs Horton  
Headteacher

