

PSHE and RHE AT F&B

Spring newsletter – Year 1

Dear parents,

Welcome to this term's PSHE and RHE newsletter.

PSHE - Personal, Social, Health and Economic Education

RHE - Relationship and Health Education

To teach PSHE and RHE, we use the program SCARF. Your child might be able to tell you what each letter stands for! SCARF lessons are often linked to Harold, the happy, healthy giraffe, who you can see at the bottom of this newsletter. Your child will have seen Harold in lessons, in class and in assemblies.

SCARF lessons for Spring term:

| SCARF Year 1 content | |
|---|--|
| Spring 1 – Keeping <u>safe</u> Super sleep Who can help? (1) Good or bad touches? Sharing pictures What could Harold do? Harold loses Geoffrey | Spring 2 – Rights and respect Harold has a bad <u>day</u> Around and about the school Taking care of something Harold's money How should we look after our money? Basic first aid |

After the 'Keeping Safe' unit, the Year 1 children should be able to

- recognise the importance of sleep in maintaining a healthy, balanced lifestyle.
- identify simple bedtime routines that promote healthy sleep.

After the 'Rights and Respect' unit, the Year 1 children should be able to

- recognise how a person's behaviour (including their own) can affect other people.

At home, you can help your child to achieve these outcomes by talking to them and asking them questions: What happens with our body when we sleep? Why is it important we have enough sleep? Why do children need more sleep than adults? What is our bedtime routine? Shower, story, song, cuddles? Should we use screens just before bedtime? Why not? More information on the importance of sleep can be found [here](#).

Talk with your child about their behaviour, positive and negative: Thank you for tidying your toys, that has made me very happy. When you get so angry, it really upsets me. When you talk to your friend like that, they might not want to play with you. Thank you for asking me how my day was, that has cheered me up!

Lastly, talk PANTS:

- P – privates are private (what does this mean?)
- A – always remember: your body belongs to you
- N – No means no (practise saying it clear and loud!)
- T – talk about secrets that upset you
- S – speak up, someone can help (who are your trusted adults?)

If you have any questions about the above or would like more information, please don't hesitate to contact me.



Mrs Potma, PSHE and RHE subject lead