

PSHE and RHE AT F&B

Spring newsletter - Reception

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 Reception content	
Spring 1 – Keeping safe What's safe to go onto my body Keeping Myself Safe - What's safe to go into my body (including medicines) Safe indoors and outdoors Listening to my feelings Keeping safe online People who help to keep me safe	Spring 2 – Rights and respect Looking after my special people Looking after my friends Being helpful at home and caring for our classroom Caring for our world Looking after money (1): recognising, spending, using Looking after money (2): saving money and keeping it safe

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

- talk about how to keep their bodies healthy and safe.
- name ways to stay safe around medicines.
- know how to stay safe in their home, classroom and outside.
- know age-appropriate ways to stay safe online.
- name adults in their lives and those in their community who keep them safe.

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

- understand that they can make a difference.
- identify how they can care for their home, school and special people.
- talk about how they can make an impact on the natural world.
- talk about similarities and differences between themselves.
- demonstrate building relationships with friends.



At home, you can help your child to achieve these outcomes by talking to them and asking them questions: Which foods are healthy and which are not healthy? Where are our medicines stored and why do we keep them locked away or high up? Why does your coat have reflective strips? How do you feel? Should I share my password with you? Who helps you stay safe at home, at school, at swimming lessons? Ask your child to tidy his/her breakfast dish, talk about how we look after our belongings, our loved ones, our friends and our planet.

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