EPPING FOREST SCHOOLS PARTNERSHIP TRUST

Limes Farm Infant School and Nursery
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SUBJECT: STATUTORY PSHE & RELATIONSHIPS EDUCATION — PARENT CONSULTATION AND CURRICULUM OVERVIEW

Dear Parents and Carers,

At Limes Farm Infant School and Nursery, we believe that promoting the mental health, physical wellbeing, emotional resilience, and personal safety of our children is fundamental to helping them thrive.

In line with Department for Education (DfE) statutory guidance, all primary and infant schools are required to deliver Relationships Education and Health Education. We are writing to share how our dual-curriculum model supports our young learners—from Nursery and Reception through to Key Stage 1 (Years 1 and 2) and to invite your feedback as part of our annual parent consultation process.

1. How We Deliver PSHE and Relationships Education

To provide a progressive, age-appropriate, and spiralled curriculum tailored to early childhood development, we combine two complementary, high-quality frameworks:

- ➔ **myHappymind (Proactive Mental Health & Wellbeing — Core Weekly Scheme):** An NHS-backed programme grounded in positive psychology and neuroscience. Delivered consistently across five core modules—*Meet Your Brain*, *Celebrate*, *Appreciate*, *Relate*, and *Engage*—children learn how their brains work (focusing on the Amygdala, Hippocampus, and Prefrontal Cortex), discover character strengths, practise 'Happy Breathing' for self-regulation, build gratitude habits, and develop resilience. Parents and carers also gain free access to the myHappymind Parent App to reinforce these habits at home.
- ➔ **Jigsaw PSHE (Targeted RSE & Safeguarding Plug-in):** Rather than running as a standalone year-round scheme, targeted Jigsaw units ('Puzzles') are integrated at specific points in the year to deliver statutory Relationships Education, bodily autonomy, and personal protection:
  - **Celebrating Difference (Autumn 2):** Valuing diverse family structures (e.g. single parents, foster carers, same-sex parents, grandparents) and promoting inclusivity.
  - **Relationships & Safeguarding (Summer 1):** Understanding personal space boundaries, acceptable vs unacceptable touch, safe vs unsafe secrets, NSPCC 'PANTS' safety rules, and identifying 5 trusted adults.
  - **Changing Me & Body Autonomy (Summer 2):** Biological growth, bodily privacy, personal hygiene, correct scientific anatomical naming, and preparing for year group transition.

2. Early Years Foundation Stage (EYFS) Provision

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In our Nursery and Reception classes, learning is fully integrated into the EYFS Personal, Social and Emotional Development (PSED) prime area. Provision focuses on the Early Learning Goals of Self-Regulation, Managing Self, and Building Relationships through teacher-led circle times and continuous child-initiated play.

3. Statutory Requirements, Science Integration and Parental Rights

Under DfE statutory guidance, Relationships Education and Health Education are compulsory for all primary-phase pupils in England. We would like to clarify key details regarding our statutory teaching and parental rights:

- **Non-Statutory Sex Education:** As an infant and nursery school caring for children aged 3 to 7, Limes Farm Infant School and Nursery **DOES NOT** teach non-statutory sex education (such as human reproduction or conception).
- **Statutory Health Education & Science Integration:** Instruction regarding biological growth, life cycles, personal hygiene, and naming external body parts (including correct scientific terminology—*penis* and *vulva*—taught during the Summer term 'Changing Me' unit) forms part of compulsory statutory Health Education and the Key Stage 1 National Curriculum for Science.
- **Safeguarding Rationale:** Teaching accurate terminology is a vital safeguarding mechanism. It provides children with the necessary vocabulary to understand personal boundaries, describe their bodies, and report any inappropriate contact or safeguarding concerns clearly to trusted adults.
- **Right to Withdraw:** Because Relationships Education, Health Education, and Key Stage 1 Science are statutory national requirements, parents and carers do not have a legal right to withdraw their children from these lessons.

4. Parent Consultation & How to Share Your Views

We place immense value on maintaining an open, collaborative partnership with our parents and carers.

We warmly invite you to review our updated draft PSHE and RSE Policy and explore our curriculum materials through the following consultation channels:

- **Draft Policy Access:** Our updated PSHE and RSE Policy is available to view on the school website or as a printed copy from the school office upon request.
- **Submitting Feedback:** We welcome your feedback, comments, or queries regarding our policy. Please submit your responses by Friday via email to the school office.

Thank you for your continued support and partnership in fostering a safe, supportive, and empowering learning environment for every child at Limes Farm Infant School and Nursery.

Yours sincerely,

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