

# Heartwood CE VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF

Tel 01760 721357 | Fax 01760 720193

[office@heartwood.norfolk.sch.uk](mailto:office@heartwood.norfolk.sch.uk) | [www.heartwood.norfolk.sch.uk](http://www.heartwood.norfolk.sch.uk)

Acting Headteacher Mrs Emily McMillen



## Life Skills at Heartwood

At Heartwood CE VC Primary and Nursery School, we work hard to promote the safeguarding, health and happiness of our pupils, as promoted through our school aims and values.

It is a statutory requirement that we teach Relationships Education and Health Education and continue to teach sex education as part of the basic school curriculum (RSHE).

Our aim is to teach **Life Skills** (RSHE) tailored to the age-and-stage of our pupils' needs. It will enable pupils to build on their learning at an appropriate pace and to re-visit some topics to further develop knowledge, values and skills.

Our experienced and skilled teachers are committed to teaching **Life Skills** RSHE within an inclusive and supportive learning environment, using non-biased resources taught through non-judgmental teaching approaches. This will allow pupils the opportunity to consider the information and develop their own values, attitudes and opinions relevant to the topic.

We believe in the importance of parents as primary educators of their children and encourage you to discuss your child's relationships and sex education with them at home. This is an opportunity for you to share your family values in relation to the topics, building important channels of communication about emotions, the human body and relationships with your child both now and in the future.

As part of implementing the RSHE curriculum, we would like to consult with you on our proposed RSHE policy and curriculum content. Please:

1. Watch our explanatory PPT
2. Read our draft RSHE policy, including the scheme of work with the themes which will be covered in each year group
3. Complete our survey to share your views this can be done on the paper copy attached or online.

A link will be emailed to you today.

We will be inviting you to attend a parent's information session as soon as we are able to safely do so. In the meantime, please read the 'Top tips for talking to your child'.

If you have any queries, please contact the school by email in the first instance:

[office@heartwood.norfolk.sch.uk](mailto:office@heartwood.norfolk.sch.uk)

Miss Wellings  
RSHE Lead



Hygge in the Early Years



**Learn to Love – Love to Learn!**  
'Live life in all its fullness.' John 10:10

# Heartwood CE VC Primary and Nursery School

White Cross Road, Swaffham, Norfolk, PE37 7RF

Tel 01760 721357 | Fax 01760 720193

[office@heartwood.norfolk.sch.uk](mailto:office@heartwood.norfolk.sch.uk) | [www.heartwood.norfolk.sch.uk](http://www.heartwood.norfolk.sch.uk)

Acting Headteacher Mrs Emily McMillen



Top tips for talking to your child...

Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing seriousness arise. Your child needs to know that it's OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk so try to behave as you would in any other topic of conversation.

Below are simple strategies to make talking about feelings, relationships and the body more comfortable:

- ✓ Start by talking about something that you both find comfortable, such as feelings and emotions.
- ✓ Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- ✓ Reading a story book containing relevant content is a helpful way to stimulate discussion with your child.
- ✓ Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future.
- ✓ If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Remember that it is good that they are comfortable to discuss issues with you. They need to trust that you will not respond negatively.

**Make sure your child knows they can always talk to you anytime, about anything.**



Hygge in the Early Years



**Learn to Love – Love to Learn!**  
'Live life in all its fullness.' John 10:10