



CARLETON PARK
J & I SCHOOL

Carleton Park J & I School
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Dear Parents/Carers,

As part of the compulsory KS1 and KS2 Personal, Social and Health and Economic (PSHE) curriculum, this half term we will be learning about online relationships and mental wellbeing. This is in line with the DFE guidance on Relationships and Sex and Health Education (RSE).

Pupils will be taught about the benefits and importance of caring for their mental wellbeing. Pupils will have the understanding and language needed to recognise and report concerns about their own and other people's mental health. They will also learn about some risks and benefits of the Internet and consider appropriate and respectful content, contact and conduct.

Within PSHE/RSE this half-term, they will learn that:

KS1 will learn:

1. Speak to a trusted adult if you feel unsafe or uncomfortable online.
2. Information online may not be true and people online can lie about who they are.
3. Mental wellbeing means feeling good about yourself.

LKS2 will learn:

1. There are laws and age restrictions to keep under eighteens safe from online content.
2. We should be sceptical when reading online information and check its reliability.
3. Excessive use of electronic devices can impact our mental and physical wellbeing, including disturbed sleep and eye strain.
4. Cyber bullying can have a negative and long-lasting impact on our mental wellbeing.
5. Mental wellbeing means feeling good about yourself.
6. A positive mindset is when you have a positive attitude towards your life and the challenges you face.

UKS2 will learn:

1. The internet can be used for research, communication and gaming but can also be a place where online abuse, bullying and harassment can take place.
2. Cyber bullying can have a negative and long-lasting impact on our mental wellbeing.
3. Our school has a zero-tolerance approach to bullying. This means it is not tolerated in anyway.
4. We should be sceptical when reading online information and check its reliability and validity.
5. Radicalisation is the process through which a person comes to support or be involved in extremist ideologies.
6. Mental wellbeing means feeling good about yourself and it affects how we think, feel, and act.

As part of our Insight Afternoon, we will be covering The PANTS Rules: My Body, My Rules. Children will recap the PANTS rules in an age-appropriate manner and learn how to report concerns. In order to teach this effectively, we will be teaching the children (or recapping for KS1 and KS2) the scientific names for their external genitalia. We will use the words vulva for girls and penis and testicles for boys. We are sure, as parents, you will agree that keeping children safe is paramount and, by partaking in these lessons, children will be equipped with the language they need to protect themselves and report anything that makes them feel upset or worried. It can feel tricky and embarrassing for some parents and other adults to use the correct terminology for private parts, however messages from research, as well as consistent reports from those that work in child psychology and child protection, have established that doing so reaps many positive benefits. Please note that we do not teach about sex or mention it at all. We also ensure we use child-friendly language at all times.

We know that a lot of what children learn comes from in the home so please take the time this half-term to discuss and make choices that support your child's mental wellbeing. Please also take the time to consider and discuss your feelings, as a family, of screen time and the impact it can have. As always, if we can support you further in any way, please speak to your child's class teacher.

Sincerely,

A handwritten signature in cursive script that reads "M. Winter".

Mrs Winter – PSHE Lead