



RSHE

Information for parents



Supporting our pupils to grow up safe, healthy, happy and respectful.



The key concepts that are taught in Foundations are:

Making Relationships: Pupils learn to build positive relationships with both adults and peers. They practice playing alongside others, taking turns, and sharing. Pupils identify their own family members and people who are important to them.

Self-Confidence and Self-Awareness: Pupils are encouraged to engage in a wide range of activities and areas of provision, helping them to develop a sense of self and understand early concepts of public and private. Pupils begin to identify their body parts and develop an understanding of self.

Managing Feelings and Behaviour: Pupils explore and identify different emotions and learn strategies to manage their feelings. This includes both independent regulation and supported co-regulation with adults. If appropriate for your child, the following concepts will also be covered:

Public and Private: Pupils learn the correct names of their body parts and which are private.

Keeping Myself Safe: Pupils learn who they can talk to if they feel uncomfortable.

Keeping Safe Online: Pupils learn how to use the internet safely and identify what to do if they feel unsafe.

The Foundations pathway focuses on helping pupils feel confident, safe, and supported as they begin to navigate relationships, emotions, and social situations.

How RHSE is taught at Foundations

RSHE is one of the three main focus areas for the first term, and it focuses on helping pupils learn to regulate their emotions and interact safely and appropriately with both adults and peers.

This learning can be delivered in a way that best meets each pupil's needs—whether in a small group, whole group, or one-to-one. Activities and support are tailored to help pupils develop their skills and achieve their individual targets.

We use a range of teaching methods which include:

Varied Teaching Methods: Pupils learn through discussion, videos, scenarios, and other interactive approaches.

Play-Based Learning: Key concepts are embedded into play and everyday classroom activities, making learning engaging and meaningful.

Communication Support: We use appropriate communication methods for each pupil, such as AAC, ALD, or social stories, to support understanding.

Regulation Strategies: Pupils explore and practise strategies to manage their emotions and behaviours. They have access to their individual regulation tools throughout the day.

Age-Appropriate Resources: Pupils have access to books and other materials that help them explore emotions, build relationships, and practise regulation skills.

This approach ensures that RSHE learning is accessible, practical, and tailored to each pupil's needs.

Supporting your child at home

There are several ways you can support your child's learning in RSHE at home:

Use correct language: Use anatomically correct words when talking about body parts to help your child develop accurate understanding.

Support regulation strategies: Help your child practise strategies for managing emotions and behaviour. Speak to your child's class lead if you would like specific

guidance or recommendations.

Build relationships: Encourage your child to interact with a range of familiar adults and peers, practising turn-taking and sharing space.

Explore emotions: Help your child understand feelings by describing what they might be experiencing without labelling it for them. For example, say, "I can see you're crying; maybe you're feeling sad or frustrated," to introduce emotion-based language.

We also hold RSHE parent/carer coffee mornings, where we:

Give an overview of our curriculum

- Explain relevant Government guidance and updates
- Provide a space to talk with other parents/carers, ask questions, and receive further information

Dates for these sessions will be shared via ClassDojo, so please keep an eye out.

Further information and contact details

You can read our full Relationships, Sex and Health Education Policy, as well as our whole-school RSHE curriculum coverage document on our website.

If you would like further information, please contact your child's Head of School.

Woodhouse Learning, Lower School - Abigail Hill