



EMSCOTE INFANT SCHOOL
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Dear Parents and Carers,

After half term, KS1 class teachers will begin teaching RSHE (Relationships, Sex and Health Education) lessons in Years 1 and 2. These lessons are delivered across our Federation schools during the Summer Term.

RSHE forms an important part of our PSHE (Personal, Social, Health and Economic Education) and Science curriculum, and the lessons taught in Years 1 and 2 are included within the statutory curriculum.

Opt-out Information

In Year 6, there are some lessons from which parents and carers may choose to withdraw their child. However, this does not apply in KS1. We hope you will support the benefits of children receiving this important education.

Below, you will find access to the materials we use, followed by an overview of the lessons taught in each year group. If you have any questions after reviewing the information provided, please speak to your child's class teacher or contact Mrs Nicol.

Yours sincerely,

Mrs Nicol

Curriculum information for parents:

The following letter to parents from The Family Planning Association (FPA) and the associated link, will give you the information you might need about the resource we use – ‘Growing up with Yasmin and Tom’, developed by FPA.

Dear Parents, Carers & Guardians

The Family Planning Association (FPA) has been teaching health and sex education since the 1930s – you may have seen our patient leaflets while waiting in doctors’ surgeries.

*Since September 2020 primary schools have been **legally required to teach “Relationships Education”**.*

We know that teaching Relationships, Sex and Health Education (RSHE) is a big responsibility and so we developed “Yasmine and Tom”, i.e.:

- *A unique, interactive and practical set of RSHE lessons that teachers can use to ensure children are both educated on topics appropriately and protected,*
- *A set of lesson plans and modules that meet the statutory Department for Education guidance (national curriculum).*

Core Lesson Themes in Primary School

- *Positive relations with friends, families and other adults and children*
- *Respecting people who are sometimes different from your own family*
- *Development of skills to stay safe on and offline*

Meet Yasmine and Tom!

Animation, sound and touch-screen activities bring the characters Yasmine and Tom to life.

Age-appropriate lessons help Yasmine and Tom cover the full curriculum including relationships, families, friendships, diversity, the body, online and offline safety and much more.

Discover peace of mind and a safe pair of hands so children can learn and grow.

<https://www.fpa.org.uk/rshe-for-parents/>

If you scroll down to the end of the webpage, you will find more information about the lesson plans. Below you will see how we divide these lessons across Key Stage 1.

Year 1: Lessons designed for KS1, age 5-6

Lesson 1: Introducing Yasmine and Tom

- Describe some ways that boys and girls are similar or the same.
- Know that there is more than one way to be a boy and more than one way to be a girl.

Lesson 2: Friendships and feelings

- Describe what makes a good friend.
- Identify when friendship feels good.
- Describe how to solve a problem when a friendship goes wrong.

Lesson 3: Different families

- Identify different types of families.
- Describe a similarity and difference between different types of families.

Lesson 4: My brilliant body

- Explain that all bodies are different.
- Say what is brilliant about our body.
- Explain what to do if someone says mean things about someone's body.
- Describe how to get help.

Lesson 5: Keeping safe

- Recognise when a situation is safe or unsafe.
- Describe some ways that we can keep safe.
- Describe how to get help.

Lesson 6: Sleeping well

- Know how important it is to get good quality sleep.
- Know how to develop a routine before bedtime.

Lesson 7: Keeping clean

- Explain why it is important to keep clean.
- Give two examples of things to keep ourselves clean at home.
- Give two examples of things to keep clean at school.

Lesson 8: Safety in the sun

- Know how to protect ourselves when it is sunny.
- Understand what happens if we don't protect ourselves in the sun.

Lesson 9: Good manners

- Understand the practice of using good manners and being courteous to others.

Year 2: Lessons designed for KS1, age 6-7

Lesson 1: Keeping clean and taking care of myself

- Name objects used to help keep someone clean and healthy.
- Explain why it is important to keep clean.
- Name tasks we can do for ourselves to look after our bodies.

Lesson 2: Naming body parts - external and private

- Name different parts of our body including the private and personal body parts.
- Explain what private and personal parts are and how they are identified.

Lesson 3: Keeping safe (lesson revisited)

- Recognise when a situation is safe or unsafe.
- Describe some ways that we can keep safe.
- Describe how to get help.

Lesson 4: Healthy eating

- Know what a healthy diet is.
- Suggest healthy meals for the school cook.
- Understand what happens if you have a poor diet and the risks involved.

Lesson 5: Emotions and anger

- Recognise different emotions.
- Use techniques to help us manage our emotions.

Lesson 6: Keeping fit

- Know what happens to the body when we exercise.
- Know why it is important to exercise.