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Executive Head Teacher: David Aldworth

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Dear Mums, Dads and Carers,

As part of our commitment to supporting children's personal, social and emotional development, we will be helping children learn about keeping themselves safe, understanding their bodies and developing positive, healthy relationships with others.

Young children are naturally curious about the world around them, including their own bodies and the bodies of other people. It is common for children to ask questions, notice similarities and differences, and seek to understand how their bodies work. This curiosity is a normal part of child development and, when supported appropriately by trusted adults, helps children develop a healthy understanding of themselves and others.

One of the ways we support children in this area is through age-appropriate body safety education. We use the NSPCC's **PANTS** approach, which provides simple messages that help young children understand personal boundaries, privacy and how to seek help if they are worried or uncomfortable.

The **PANTS** rules teach children that:

- **P**rivates are private.
- **A**lways remember your body belongs to you.
- **N**o means no.
- **T**alk about secrets that upset you.
- **S**peak up, someone can help.

The programme is designed specifically for young children and is delivered in a gentle, reassuring and non-threatening way. It does not involve explicit discussions and is carefully adapted to children's age, understanding and developmental stage. The focus is on helping children develop confidence, self-respect and an understanding that they have the right to feel safe and listened to.

Teaching these messages from an early age helps children to:

- Develop body confidence and self-esteem
- Understand appropriate personal boundaries

- Recognise situations that make them feel uncomfortable
- Know that they can talk to trusted adults about any worries or concerns
- Build the skills they need to stay safe both now and as they grow older

We recognise that parents and carers play the most important role in children's learning. We encourage families to continue these conversations at home in ways that feel appropriate for their child. Open, honest and age-appropriate discussions help children feel confident asking questions and seeking support when they need it.

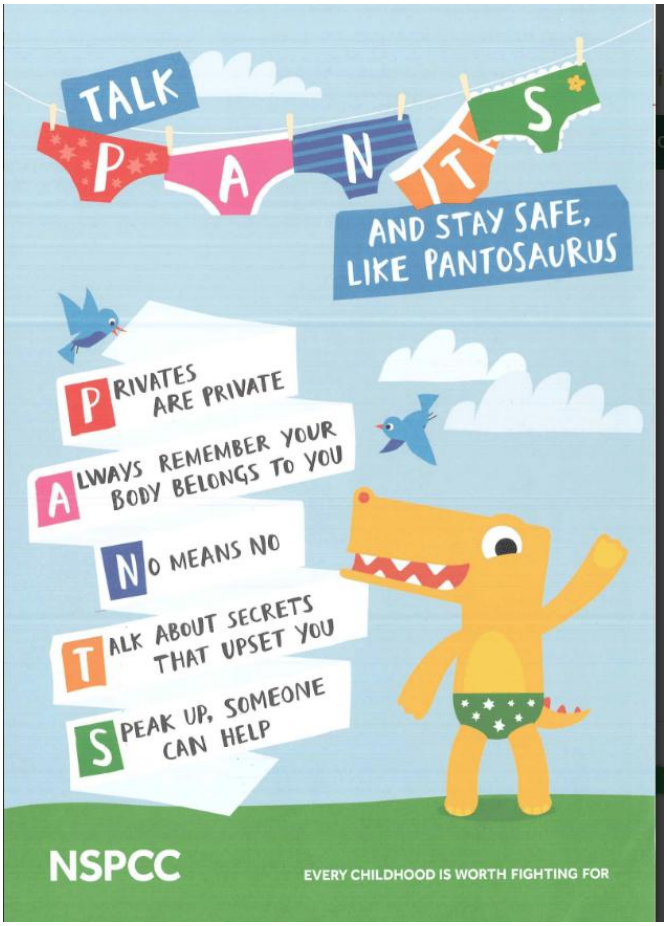
Further information about the NSPCC PANTS programme can be found on the NSPCC website, which includes guidance and resources for parents and carers. [Talk PANTS: Conversation to help keep children safe | NSPCC]

If you have any questions or would like to discuss this aspect of your child's learning, please do not hesitate to speak to us.

Thank you for your continued support.

David Aldworth

Executive Headteacher



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