



ST. DAY & CARHARRACK COMMUNITY SCHOOL

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Adventure Learning Week

I am writing to inform you that our annual 'Healthy Me' week is now part of our 'Adventure Learning Week' and is planned for the children, starting on Monday the 24th June and ending Friday 28th June. We continue to implement this Health focused week in order to allow the children dedicated time to consider what helps us to lead safe, happy and healthy lifestyles.

Teaching staff have been working hard to organise engaging learning opportunities that enable the children to have thinking time about the following areas:

- Mental Health and Well-being
- Physical Well Being including opportunities to try new adventurous learning
- Personal Safety
- Personal, Social, Health and Citizenship Education

Within this week, children will also be receiving their Relationships and Sex Education (RSE) at an age-appropriate level. We will be continuing to use the same programme of study as the last three years, '*The Christopher Winter Project*' to support the children's progression of knowledge and understanding in this area.

To support any RSE conversations you may have with your child, I have listed some texts (on the back of this letter) to read at home to support your child's RSE learning. Many of these books can be found in local libraries or cheaply online should you wish to buy a copy.

We also hold in school a 'Speakeasy Manual'. This has been produced by the Family Planning Association (FPA), and is recommended by the Cornwall Healthy Schools Team. The manual contains many possible questions your child may have about sex and relationships and how you can best answer these in an honest and factual way if you are feeling unsure. Please speak to me if you would like to see this. You are able to purchase your own copy via the FPA website if you wish.

Should you need a copy of the school's policy for our RSE offer, it is available for you to download from the school's website. Should you have any further questions about RSE at St Day and Carharrack, please do not hesitate to book an appointment to meet with me via the school's reception.

We are really looking forward to our Adventure Learning Week 2019. Please look out for the school newsletter the following week informing you of our successes and achievements.

Yours sincerely

Laura Vallance
Deputy Headteacher



Useful suggested reads to support RSE learning (in order of suitability from youngest to oldest children):

- All Kinds of Families! Mary Ann Hoberman
- The Smelly Book, Babette Cole
- I'll take you to Mrs Cole, Nigel Gray
- Happy Families, Allan Ahlberg
- Who's in a Family? Robert Skutch
- Princess Smartypants, Babette Cole
- William's Doll, Charlotte Zolotow
- Amazing Grace, Mary Ho_man and Caroline Binch
- Cinderella's Bum, Nicholas Allan
- Shaperville, Andy Mills
- It's OK to be Different, Todd Parr
- Tell Me Again About The Night I Was Born, Jamie Lee Curtis
- Spark Learns to Fly, Judith Foxon
- Stranger Danger, Anne Fine
- Where Willy Went, Nicholas Allan
- Amazing You! Gail Saltz
- Hairy in Funny Places, Babette Cole