



# QUEENSWAY SCHOOL

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Dear Parent or Carer,

I am writing to let you know that the children in Years 3 and 4 will be undertaking the Protective Behaviours Programme this term as part of our PSHE provision.

The programme is a practical and down to earth approach to personal safety which teaches children how to recognise when they are not feeling safe and provides skills and tools to help them to take action and get help when they need it. The programme is differentiated for each year group and will be adapted to suit each class.

The programme content will include: -

- Understanding what safety feels like
- Exploring times when it is fun to feel scared
- Teaching children to trust their own 'Early Warning Signs' (body signals that tell us when we are not feeling safe)
- Body awareness and privacy (including giving correct names for all body parts)
- Understanding how to manage risky situations
- Identify who they can talk to if they are worried
- Practice problem-solving skills

To ensure that the programme is as successful as possible we need your support, therefore if you have any queries please don't hesitate to come in and speak with myself or the class teacher.

Best wishes

Miss Ross  
PSHE Coordinator