



Dear parents and carers,

I hope you are keeping well and managed to spend some time with friends and family over the holidays.

In our Reception classes today, through whole-class and small-group discussions, we will be learning about the NSPCC's Underwear Rule. During these discussions, we will aim to teach our children the following important safety skills in an age-appropriate manner. We will continue to use the PANTS acrostic, which is like a green cross code for staying safe.

PANTS stands for:

- Privates are private
- Always remember your body belongs to you
- No means no
- Talk about secrets that upset you
- Speak up; someone can help

We will introduce a range of ideas, all delivered in a way that is fully age-appropriate. These include:

- "Appropriate" and "inappropriate" touching
- Your child's right to say no to things that make them feel upset or uncomfortable
- Who your child can turn to if they ever feel upset or worried at home and at school

If you would like to know more about the NSPCC's campaign and see how you can help keep your children safe in partnership with us at school, a parent guide (including a link to the Pantosaurus song) can be accessed at:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

If you have any questions, please do not hesitate to get in touch.

Yours sincerely,

Mr Timothy Lodge  
Head Teacher

**Nurture, Enrich, Inspire**