



## Our PSHE and RSHE curriculum

Dear Parents/Carers,

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

Relationship and health education (RHE- relationships and health education) is the statutory element of our PSHE curriculum and all schools in England are required to teach RHE in primary schools Relationships, sex and health education (RSHE) which is not statutory in primary school, allows us to educate your child about puberty, conception and birth, which is recommended by the Department of Education. The lessons we will be as part of our PSHE/RSHE curriculum and will include topics focused around Families and Friendships, Safe Relationships, Respecting ourselves and others, Keeping Safe, Physical Health and Mental Wellbeing and Growing and Changing

Within Growing and Changing we will be delivering some material through Science, as well as RSHE. The elements within Science are statutory and your child can not be removed from these.

- In EYFS the children learn about good practices regarding sleep, exercise, eating and hygiene help with healthy growth.
- In year 1 the children focus upon recognising what makes them unique and special; feelings; managing when things go wrong. They will name their body parts including using the correct terminology for their external genitalia.
- In year 2 they will learn about the human life cycle and growing older. They will revisit body parts including external genitalia and find out about how as people grow up new responsibilities and opportunities arise.
- In year 3 they will look at their personal strengths and achievement and managing and reframing setbacks. The girls will also learn about the menstrual cycle and menstrual wellbeing.
- In year 4 they will learn about the physical and emotional changes in puberty; external genitalia, personal hygiene routines and support with puberty. The girls will revisit menstruation and the boys will learn about changes to their body.
- In year 5 puberty and how to manage it will be revisited as well as learning about personal identity; recognising individuality and different qualities; mental wellbeing and FGM.
- In year 6 they will learn about human reproduction and birth; increasing independence;



managing transitions and what consent means.

During these lessons, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

RHE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21<sup>st</sup> century pupils are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

RHE is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable and we want to empower our pupils here at Putnoe Primary School.

Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school. All materials used are available for you to browse through on the school website under PSHE should you so wish.

Yours sincerely,

Name: Mrs. Aleshia Frost      Date: September 2021