

ADSWOOD PRIMARY SCHOOL



PERSONAL, SOCIAL, HEALTH AND ECONOMIC EDUCATION (PSHE)

AND

RELATIONSHIPS, SEX AND HEALTH EDUCATION(RSHE)

Summer 2024

A GUIDE FOR PARENTS/CARERS

Introduction

Here at Adswood Primary School our overall aim is for pupils to grow up healthy, happy and safe.

We want them to be equipped with the knowledge and skills which will enable them to manage the challenges and opportunities of modern day Britain and our ever-changing world.

The purpose of this booklet is to fully inform you of the teaching of PSHE, in particular Relationships and Health Education, so that you are clear about your child's learning.

Personal, Social, Health and Economic Education (PSHE)

Each week, all children take part in circle time and PSHE lessons. These focus on areas such as:

- Living in the Wider World-Rights and Responsibilities, Environment, Money.
- Relationships-Feelings and Emotions, Healthy Relationships, Differences
- Health and Wellbeing-Keeping Safe, E-Safety, Healthy Lifestyles, Growing and Changes
- British Values-Democracy, Rule of Law, Respect and Tolerance, Individual Liberty

The school follows a scheme of work devised by the PSHE Association and uses a wide range of resources recommended by the Local Authority: 1Decision, Drugs, Alcohol and Tobacco Education (DATE), Madeleine Lindley SRE, Christopher Winter's Project, NSPCC-PANTS, Think U Know, ChildLine, BBC Bitesize, Betty Education, Family Planning Association, Digital Literacy.org, Stonewall, Red Cross and the school nurse.

These resources, as well as year group planning, provide the content for each lesson.

In addition to these lessons, pupils participate in national awareness initiatives such as: Anti-Bullying Week, Safer Internet Day, Mental Health Awareness Week, Road Safety Week and BRAKE workshops.

Each week, pupils will participate in a PSHE 'Circles' lesson. At the beginning of each new academic year, 'Circle' rules are established to minimise embarrassment and to allow all pupils to talk openly in a safe and respectful environment. Pupils will often ask 'sensitive' questions. These questions are answered sensitively and appropriately by the class teacher. A 'question box' is used so that pupils can ask questions anonymously.

Relationship Education

Your child will learn what a relationship is, what family means and who they can turn to for support. Learning will be age appropriate, with each year groups learning building on the previous year and preparing for the next.

By the end of Year 6, your child will have learnt about:

- Families and people who care for me
- Caring and respectful friendships
- Online relationships
- Being safe

Sex Education

Your child, in Year 6, will learn about human reproduction. Learning will be age appropriate and will build on previous learning taught in both PSHE and Science lessons. This learning will prepare them for future learning.

By the end of Year 6, your child will have learnt about:

- Human reproduction

Health Education

Your child will learn how to make good decisions about their own health and wellbeing, be able to recognise issues in themselves and others and to know where to find support as early as possible if and when an issue arises.

By the end of Year 6, your child will have learnt about:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body/puberty

Your role as parents and carers is crucial

The Relationships and Health Education programme is designed to support and complement your role as parent/carer as you support your children through the challenges and responsibilities that growing up brings.

What can you do?

- Supporting and working alongside the school in its PSHE and Relationship and Health Education curriculum
- Modelling good relationships
- Talking to your children
- Talking to others
- Listening to your child-don't be shocked, be understanding
- Talking about the importance of considering other people's feelings
- Not being judgemental of others but to show empathy and mutual respect
- Helping with emotional aspects of relationships
- Sharing some of your experiences-being honest
- Starting simply and using language you are comfortable with
- Knowing where to get information and advice
- Not saving it for the 'Big Talk'!
- Start early-start simple-start now

As always, if you wish to discuss any aspect of your child's learning and our teaching of PSHE and RHE, please do not hesitate to contact the school or your child's class teacher.

Year 1

Pupils learn:

- How to share their feelings
- To recognise feelings in themselves and others
- Know who to talk to and what to do if they feel sad or worried.
- About not keeping secrets that make them feel uncomfortable

- To identify special people(family, friends, carers), what makes them special and how special people should care for one another
- That everybody is different, everybody is unique
- About the importance for respect for the differences and similarities between people
- Why it is important to be clean and hygienic
- How to stay safe at home and at school
- What helps to keep their body healthy.

Year 2

Pupils learn:

- About different kinds of feelings
- Simple strategies to manage and express their feelings
- To listen to others and play cooperatively
- About appropriate and inappropriate behaviours-teasing and bullying
- To identify and value differences in each other
- To identify risk in different situations and how to stay safe away from home and school
- To make healthy eating choices
- To recognise that sometimes children can act like bullies when they are on online

Year 3

Pupils learn:

- To recognise feelings in others and respond appropriately to those feelings
- To recognise and describe positive relationships and friendships
- How actions affect themselves and others
- Recognise what bullying is and learn about different types of bullying
- How to respond when they think someone is being bullied-responsibilities of bystanders
- How to show respect online and how to communicate effectively online-writing good emails
- About a balanced diet and the impact it has on our bodies
- About opportunities for making their own choices
- About who helps us feel safe and healthy

Year 4:

Pupils learn:

- When it is appropriate to keep a secret
- To listen to other's point of view
- About what is acceptable and unacceptable physical contact
- About negotiation and compromise-seeing all views and opinions
- Recognise what children are good at and that we are all good at different things
- How to raise concern and challenge something when you don't believe that it is right
- About how to have a balanced lifestyle
- Which drugs are common to our everyday life
- How to stay safe in their local area
- Cyberbullying-the power of words
- How to stay safe online
- About changes at puberty-hormones and body changes

Year 5

Pupils learn:

- About negotiation and compromise-seeing all views and opinions
- To raise concern and challenge something which they don't believe is right- now how to report concerns or abuse
- What positively and negatively affects health and wellbeing
- To make informed choices-benefits of a healthy lifestyle and balanced diet
- Strategies for managing personal safety/wellbeing
- How to stay safe online and how photos/images can be altered digitally distorting our perception of beauty and health
- About families and people who care for us-the characteristics of a healthy family life
- Changes at puberty-learn about how boys and girls change through puberty

Year 6

Pupils learn:

- About who you can trust
- How to make friendships-preparing for high school
- Recognise when relationships are unhealthy
- About personal boundaries and the right to privacy
- What makes people the same, what makes people different-diversity and mutual respect
- To recognise and challenge stereotypes
- About the risks and effects of drugs
- That images in the media and affect our wellbeing
- That images in the media can play a powerful role in shaping our ideas about gender
- About resisting pressure-how to protect their body and speak out when something is wrong
- Changes at puberty-changing body parts, human reproduction, conception and pregnancy

The Equality Act 2010

The Equality Act protects children and young people in different areas of their lives, for example when working or applying for a job, when using public or private services (e.g. transport, housing, membership clubs), and in education and training.

As a school we have begun to develop our understanding, implementation and teaching of the Equality Act 2010.

This is something the school identified as an area to develop across the whole school to ensure we are leading with best practice. As such, the Equality Act 2010 has become ingrained into our minds from Governors, Senior Leadership Team, whole school, children and community partners.