

# Toft Hill Primary Parents' and carers' guide for

## Personal, Social, Health education (PSHE) and Relationships and Health Education (RSHE).

Since the academic year 2020-2021, all primary schools in England have been required to teach Relationships, Sex and Health Education (RSHE). The government has set out guidance about what they expect children to know by the time they leave primary education but it is up to schools to decide how they will teach this. We have recently updated our schemes of work and wanted to provide further information for parents and carers. This is also useful for parents of children who have joined our school more recently.

There is no legal requirement for primary schools to teach sex education, which is why we excluded that element from our curriculum, but the government recommends children learn about some key areas before they leave primary school. As with other subjects, we work hard to make sure the lessons meet the needs of the children and are age appropriate. These topics are really important in helping children deal with current experiences and also to prepare them for the next stage of their education and ultimately for adult life. They are also a vital tool to help our children to understanding ways to keep themselves safe. Along with the government, we recognise the important role you play in educating your children and this is especially true for RSHE. It is important that children can discuss and ask questions both at home and at school. We know that this can sometimes take people out of their comfort zones and will help as much as we can!

### What will my child be learning about?

We have as chosen to use lesson plans from Kapow Primary, an online provider of resources for primary schools to inform our schemes of work. Kapow have lessons developed by experts in the field; these lessons cover the statutory requirements and have been carefully planned to be age appropriate. We have adapted them carefully to meet the needs of the children in our school. The structure of the curriculum gives the opportunity for children to revisit topics in different year groups. This is important as they will learn more and see things differently as they mature.

The lessons are divided up into three overarching themes:

Families and Relationships

Health and wellbeing

Safety and the changing body

Below is a summary of some of the areas covered within each theme:

#### Families and relationships

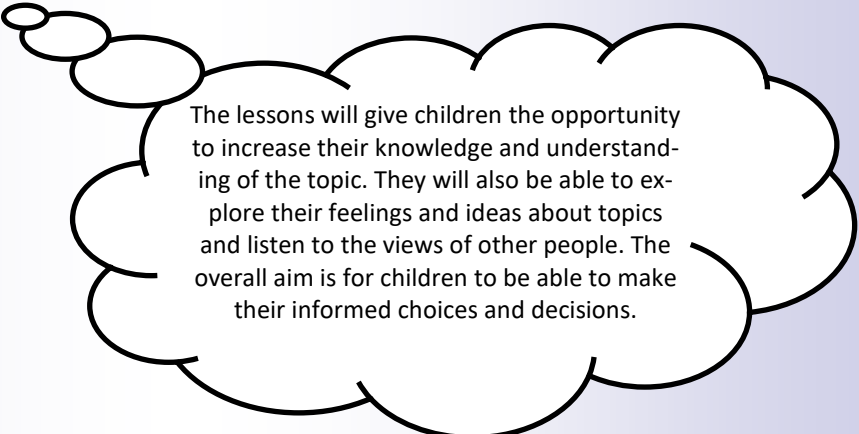
- How to form and maintain friendships
- Importance of family
- Different types of families
- Dealing with problems in friendships
- Online relationships, including staying safe
- Stereotyping

#### Safety and the changing body

- Online safety
- Safety around adults
- Understanding their body
- Physical changes during puberty
- Emotional changes during puberty
- Asking for help when needed

#### Health and wellbeing

- Mental health and wellbeing
- Healthy eating
- Physical activity
- Dental health
- Importance of sleep
- Medicines
- Tobacco
- Alcohol
- First aid



The lessons will give children the opportunity to increase their knowledge and understanding of the topic. They will also be able to explore their feelings and ideas about topics and listen to the views of other people. The overall aim is for children to be able to make their informed choices and decisions.

## What will my child learn about? (continued)

Our RHSE Curriculum is interlinked and taught alongside our Personal Social Health Education (PHSE) curriculum which covers a broader range of themes. These are:

Families and Relationships

Health and Well-being

Safety and the changing body

Citizenship

Economic Well-being

Transition

Learning in PHSE and RSHE is woven throughout the curriculum and our daily school life. Your child's class teacher will provide you with further information or you can take a look at our school website for further detail about the topics and themes that each class will cover and what you can expect your child to learn.

## Will my child have to take part?

All the content outlined above is statutory and therefore all children should be taught it. As with any other subject, our teachers will ensure that the lesson is taught in a way which means children of all abilities will learn. The government is very clear that they want children with special educational needs (SEN) to be included in these lessons. As a parent you do not have the right to withdraw your child from any of the statutory content on either relationships or health. You only have the right to withdraw your child from the sex education content that we choose to teach, apart from National Curriculum Science.

It is recommended that you consider the curriculum carefully and talk to a member of staff about this before making a decision. Parents and carers are sometimes concerned about the conversations children may have in RSHE lessons, but teachers have lots of ways to make sure children are safe in these lessons. For example, they will have ground rules to make sure children feel confident to share their ideas, they will use things like puppets and stories, so children are discussing a made up characters' experiences rather than their own. They also know the children in their class well and will have a sense of their needs and what they teach will be age appropriate. It is important to balance what children know already and to prepare them for the future. Discussing issues in the safe learning environment of the classroom before they experience them in real life is very valuable for children. We will be very happy to share more information with you on how they approach these topics.

As with anything, should you have any questions or wish to discuss this further then please contact a member of staff.

