

# Relationships and Sex Education



## Information Letter for Parents

### The Department for Education changes to Relationships and Sex Education

June 2021

Dear Parents and Carers,

The Department for Education have made the Health Education and Relationships Education aspects of PSHE (personal, social, health and economic) education compulsory in all primary schools from September 2020.

As a part of your child's educational experience at North Walkden Primary, we already promote personal wellbeing and development through a comprehensively taught programme of Personal, Social, Health and Economic (PSHE) education through our You, Me and PSHE scheme. This gives our pupils the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships.

By learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. All of these areas are already covered in our scheme and will be

delivered in an age-appropriate way and meet the needs of all pupils in the class

Therefore, we have reviewed our RSE curriculum and policy so we can be sure our RSE provision is appropriate for our pupils based on:

- *Our pupils' age and maturity levels, as well as their cultural and religious backgrounds*
- *The values of our school community*
- *Every pupil's learning needs*
- *What pupils need to know to be healthy and safe in school, in their personal relationships and in the wider world*

To ensure everyone is informed, the Relationships and Sex Education policy, which also contains important information for parents who may wish to withdraw their children from these classes, is now on our website. Sex education lessons take place in Year 2, 5 and 6 at North Walkden. As before, parents may only withdraw their children from particular Sex Education lessons, which takes place in Years Two and Six.

*However, for the science curriculum- which includes content on human development, there is no right to withdraw.*

Legal Requirements All schools must teach the following as part of the National Curriculum Science Programme of Study; parents do not have the right to withdraw their child/children from this content.
<b>National Curriculum Science Key Stage 1</b>
Pupils should be taught to: <ul style="list-style-type: none"><li>• notice that animals, including humans, have offspring which grow into adults.</li><li>• that animals including humans, move, feed, grow, use their senses and reproduce.</li></ul>
<b>National Curriculum Science Key Stage 2</b>
Pupils should be taught to: <ul style="list-style-type: none"><li>• describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird.</li><li>• describe the life process of reproduction in some plants and animals including humans.</li><li>• describe the changes as humans develop to old age.</li><li>• recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents</li></ul>

## You, Me PSHE Scheme of Work

At North Walkden Primary School we follow the You, Me and PSHE scheme. We use this alongside responding to the needs of our children as well as any events that may arise. This ensures that our approach to PSHE is personal and tailored to the needs of our children.

Personal, social, health and economic (PSHE) education is an important subject to teach, it is vital if our children are to learn how to keep safe and happy in an ever-changing world. PSHE lessons equip pupils with knowledge, understanding and skills to help them to explore and develop attitudes and values.

You, me and PSHE is a comprehensive, clear and progressive scheme of work, which builds children's personal, social and life skills, as they move through school. PSHE is also reflected through the child's whole school experience, such as assemblies, school visits and our themed events within school.

Learning to understand themselves, relationships with others and their place in the world is also important part of our teaching at North Walkden Children learn about how to identify and deal with their emotions/feelings and explore health-related issues. They will also learn about managing finances as well as the world of work and planning for the future. It supports children to lead healthy, safe, fulfilled and responsible lives and most importantly to feel good about themselves.

You, Me, PSHE enables each class teacher to adapt their PSHE teaching to fit alongside other curriculum subjects: for example, Keeping Safe and Managing Risks theme, fits alongside our Computing lessons on internet safety.

PSHE is divided into 7 different strands, with age appropriate topics for each age group. One topic per half term. **SRE is taught in Year 2, 5 and 6 at North Walkden.**

Long Term Plan Coverage PSHE
Sex and relationship education
Drug, alcohol and tobacco education
Keeping safe and managing risk
Mental health and emotional wellbeing
Physical health and wellbeing
Careers, financial capability and economic wellbeing
Identity, society and equality

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Strand/ Focus	Mental Health and Emotional Wellbeing  *Covid 'Recovery' Sessions	Identity, society and equality	Keeping Safe and managing risk	Drug, alcohol and tobacco education	Physical Health and wellbeing	Careers, financial capability and economic wellbeing
YEAR 1	Feelings	Me and others	Feeling Safe	What do we put into our bodies?	Fun Times	My money
YEAR 2	Friendships	Me and others (Use Y1/Y3 unit as needed)	Indoors and outdoors	Medicines and Me	What keeps me healthy	Sex and relationship Education
YEAR 3	Strengths and Challenges	Celebrating difference	Bullying-See it, say it, stop it!	Tobacco is a drug	What helps me choose?	Saving, spending and budgeting
YEAR 4	Strengths and Challenges (Use Y3/Y5 unit as needed)	Democracy	Playing Safe	Making Choices	What is important to me?	Borrowing and earning money **
YEAR 5	Dealing with feelings	Stereotypes, discrimination and prejudices (inc homophobia)	When things go wrong	Different influences	In the media	Sex and relationship Education**
YEAR 6	Healthy Minds	Human rights	Keeping safe out and about + FGM	Weighing up risk	Sex and relationship Education	Sex and relationship Education

Important features of PSHE lessons are that they are interactive, thought provoking and relevant. In each class, we start by establishing ground rules, to ensure that everyone feels respected, happy and safe in making an active contribution. We use a range of teaching strategies to bring sometimes sensitive subjects to life such as freeze framing, hot seating, sentence starters and group discussions.

# Knowledge and Skills Progression Grid PSHE including RSE 2021-2022



Term/Strand	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<b>Autumn Term 1</b> <b>Mental Health and Emotional Wellbeing</b>	<b>Feelings</b> Pupils learn: • about different types of feelings • about managing different feelings • about change or loss and how this can feel	<b>Friendships</b> Pupils learn: • about the importance of special people in their lives • about making friends and who can help with friendships (on and offline) • about solving problems that might arise with friendships (on and offline)	<b>Strengths and challenges</b> Pupils learn: • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks	<b>*Continue-Strengths and challenges</b> Pupils learn: • about celebrating achievements and setting personal goals • about dealing with put-downs • about positive ways to deal with setbacks	<b>Dealing with feelings</b> Pupils learn: • about a wide range of emotions and feelings and how these are experienced in the body • about times of change and how this can make people feel • about the feelings associated with loss, grief and bereavement	<b>Healthy minds</b> Pupils learn: • what mental health is • about what can affect mental health and some ways of dealing with this • about some everyday ways to look after mental health • about the stigma and discrimination that can surround mental health
<b>Autumn Term 2</b> <b>Identity, society and equality</b>	<b>Me and others</b> Pupils learn: • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others	<b>*Continue-Me and celebrating difference</b> Pupils learn: • valuing the similarities and differences between themselves and others • about what makes themselves and others special • about roles and responsibilities at home and school • about being co-operative with others	<b>Celebrating difference</b> Pupils learn: • Pupils learn about valuing the similarities and differences between themselves and others • Pupils learn about what is meant by community • Pupils learn about belonging to groups	<b>Democracy</b>  Pupils learn: • about Britain as a democratic society • about how laws are made • learn about the local council	<b>*Stereotypes, discrimination and prejudice</b>  Pupils learn: • about stereotyping, including gender stereotyping • about what LGBT means • about prejudice and discrimination and how this can make people feel	<b>Human rights</b> Pupils learn: • about people who have moved to Islington from other places, (including the experience of refugees) • about human rights and the UN Convention on the Rights of the Child • about homelessness
<b>Spring Term 1</b> <b>Keeping safe and managing risk</b>	<b>Feeling safe</b> Pupils learn: • safety in familiar situations • about personal safety • about people who help keep them safe outside the home	<b>Indoors and outdoors</b> Pupils learn: • about keeping safe in the home, including fire safety • about keeping safe online, including the benefits of going online • about keeping safe outside • about road safety	<b>Bullying – see it, say it, stop it</b> Pupils learn: • to recognise bullying (including online) and how it can make people feel • about different types of bullying and how to respond to incidents of bullying • about what to do if they witness bullying	<b>Playing safe</b> Pupils learn: • how to be safe in their computer gaming habits • about keeping safe near roads, rail, water, building sites and around fireworks • about what to do in an emergency and basic emergency first-aid procedures	<b>Making safer choices</b> Pupils learn: • about keeping safe online • how to keep safe when communicating with other people online • that violence within relationships is not acceptable • about problems that can occur when someone goes missing from home	<b>Keeping safe - out and about</b> Pupils learn: • about feelings of being out and about in the local area with increasing independence • about recognising and responding to peer pressure • about the consequences of anti-social behaviour (including gangs and gang related behaviour) <b>FGM (female genital mutilation)</b> Pupils learn: • about the importance for girls to be protected against FGM

<b>Spring Term 2</b> <b>Drug, alcohol and tobacco education</b>	<b>What do we put into and on to bodies?</b> Pupils learn: • about what can go into bodies and how it can make people feel • about what can go on to bodies and how it can make people feel	<b>Medicines and me</b> Pupils learn: • why medicines are taken • where medicines come from • about keeping themselves safe around  <b>*Asthma lesson for Year 4 if needed*</b>	<b>Tobacco is a drug</b> Pupils learn: • the definition of a drug and that drugs (including medicines) can be harmful to people • about the effects and risks of smoking tobacco and second-hand smoke • about the help available for people to remain smoke free or stop smoking <b>*Asthma lesson for Year 3 • that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</b>	<b>Making choices</b> Pupils learn: • that there are drugs (other than medicines) that are common in everyday life, and why people choose to use them • about the effects and risks of drinking alcohol • about different patterns of behaviour that are related to drug use  <b>*Asthma lesson for Year 4 if relevant</b>	<b>Different influences</b> Pupils learn: • about the risks associated with smoking drugs, including cigarettes, e-cigarettes, shisha and cannabis • about different influences on drug use – alcohol, tobacco and nicotine products • strategies to resist pressure from others about whether to use drugs – smoking drugs and alcohol	<b>Weighing up risk</b> Pupils learn: • about the risks associated with using different drugs, including tobacco and nicotine products, alcohol, solvents, medicines and other legal and illegal drugs • about assessing the level of risk in different situations involving drug use • about ways to manage risk in situations involving drug use
<b>Summer Term 1</b> <b>Physical health and wellbeing</b>	<b>Fun times</b> Pupils learn: • about food that is associated with special times, in different cultures • about active playground games from around the world • about sun-safety	<b>What keeps me healthy?</b> Pupils learn: • about eating well • about the importance of physical activity, sleep and rest • about how germs are spread, how we can prevent them spreading and people who help us to stay healthy and well	<b>What helps me choose?</b> Pupils learn: • about making healthy choices about food and drinks • about how branding can affect what foods people choose to buy • about keeping active and some of the challenges of this	<b>What is important to me?</b> Pupils learn: • why people may eat or avoid certain foods (religious, moral, cultural or health reasons) • about other factors that contribute to people's food choices (such as ethical farming, fair trade and seasonality) • about the importance of getting enough sleep	<b>In the media</b> Pupils learn: • that messages given on food adverts can be misleading • about role models • about how the media can manipulate images and that these images may not reflect reality	
<b>Summer Term 2</b> <b>Careers, financial capability and economic wellbeing</b>	<b>My money</b> Pupils learn: • about where money comes from and making choices when spending money • about saving money and how to keep it safe • about the different jobs people do	<b>SRE Focus</b>	Saving, spending and budgeting Pupils learn: • about what influences people's choices about spending and saving money • how people can keep track of their money • about the world of work	<b>*Borrowing and earning money</b> Pupils learn: • that money can be borrowed but there are risks associated with this • about enterprise • what influences people's decisions about careers	<b>SRE Focus</b>	<b>SRE Focus</b>

<b>Summer Term</b>  <b>Sex and relationship education</b>	n/a	<b>Y2-Boys and girls, families</b> Pupils learn: • to understand and respect the differences and similarities between people • about the biological differences between male and female animals and their role in the life cycle • <b>the biological differences between male and female children</b> • about growing from young to old and that they are growing and changing • that everybody needs to be cared for and ways in which they care for others • about different types of family and how their home-life is special  NSPCC PANTS CHAT* See below	n/a	n/a	<b>Y5*Growing up and changing</b> Pupils learn: • about the way we grow and change throughout the human lifecycle • about the physical changes associated with puberty • about menstruation and wet dreams • about the impact of puberty in physical hygiene and strategies for managing this • how puberty affects emotions and behaviour and strategies for dealing with this • to answer each other's questions about puberty with confidence, to seek support and advice when they need it	<b>Y6-Healthy relationships</b> Pupils learn: • about the changes that occur during puberty • to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact • <b>what values are important to them in relationships and to appreciate the importance of friendships in intimate relationships</b> • about human reproduction in the context of the human lifecycle • <b>how a baby is made and grows (conception and pregnancy)</b> • about roles and responsibilities of parents and carers • to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it
<b>Additional Lessons</b>	KS1 (Y2), NSPCC PANTS CHAT: Pupils learn • to understand and learn the PANTS rules • name body parts and know which parts should be private • know the difference between appropriate and inappropriate touch • understand that they have the right to say "no" to unwanted touch • start thinking about who they trust and who they can ask for help.					

## Tracking Progress

Our tracking of progress in PSHE includes assessment tasks linked to topics and also takes account of as well as how children are applying their personal, emotional and social skills in day to day life. At the beginning of each half term's topics we have an assessment task which we then repeat at the end when the children's knowledge and understanding has developed. This enables us to assess the children's progress in understanding of the topics covered.

## DFE Parent Guide and School Policy

Please check our school website for the DFE parent guide, our School Policy and parent feedback questionnaire form.

## Our Aim

Through the use of the *You, Me and PSHE* scheme, North Walkden's aim is that PSHE teaching will help our children develop their awareness, skills and knowledge to keep themselves safe and to make positive, healthy lifestyle choices.

We want PSHE learning to be relevant, responsive and engaging. Our intention is to open doors outwards and prepare our children for life in multi-cultural, modern Britain; promoting positive, healthy habits for both physical and mental health to thrive. We want children to think, talk and make up their own minds as they explore topical issues and to develop their confidence to share feelings, experiences and find their voice on issues

affecting themselves, friends, family, community, country and globally.

### Useful links for Parents

PSHE learning is all around us. The personal, social, health and economic development of our children is achieved through partnership between school and the family. Please take a look at the links below to find out more about our teaching and learning.

<https://www.pshe-association.org.uk/pshe-education-guide-parents>

<https://www.bbc.co.uk/bitesize/subjects/zmpfb9>

<https://www.bbc.co.uk/bitesize/subjects/zqtnxcm>

<https://www.nspcc.org.uk/>

As a school community, we are committed to working with parents. If you would like to find out more, make any comments or provide feedback on the policy, then please contact the PSHE Coordinator, Miss Briggs or Mrs Warburton at the email below.

Please look at our school website for a copy our policy, which includes the RSE lesson overviews for Years 2, 5 and 6.

<http://www.northwalkdenprimaryschool.co.uk/page/pshe---personal-social-health-education/61633>

If you would like to view the lesson plans for these lessons, then please contact the school so that we can accommodate this. You can email school using this email address

[northwalkdenprimaryschool@salford.gov.uk](mailto:northwalkdenprimaryschool@salford.gov.uk)

**The closing date for feedback is Friday 25th June 2021**

Yours sincerely,

Mrs Warburton, Head Teacher

Miss Briggs, PSHE Leader