



Birchwood Primary School

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'Rich opportunities and memorable experiences'

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Tuesday 2nd November

Relationships and Health Education

Dear Parents/Carers,

As part of your child's education at Birchwood Primary School, we promote wellbeing through comprehensive teaching of Personal, Social, Health and Economic (PSHE) education. PSHE is the curriculum subject that gives children the knowledge, understanding, attitudes and skills to live safe, healthy and productive lives.

As part of the new statutory guidelines from the government, all children must complete Relationships Education and Health Education. The fundamental purpose of Relationships Education is to protect the children in our care and, whilst this has always been taught within PSHE and through the Protective Behaviours programme, it is important that we update you in terms of what will be taught in each year group. Please find below some examples of the relationship-based lessons that your child is likely to take part in from November onwards, alongside the Protective Behaviours Programme, which is taught every year from Year 1.

Reception: a focus on forming positive relationships by playing cooperatively and showing sensitivity to others' feelings.

Year 1: a focus on the importance of consideration and respect within friendships and familial relationships, along with recognising the similarities and differences between family types and respecting these differences. Children will be taught to name different feelings (including unsafe feelings and early warning signs) and name private parts of the body.

Year 2: a focus on managing hurtful behaviour, including bullying (both online and offline). They will identify differences between safe and unsafe relationships, including when it is safe to keep secrets.

Year 3: a focus on what constitutes a healthy friendship (including resolving friendships in a positive manner) and that the same principles apply online. Children will learn about the impact of bullying (both online and offline), including how to respond to bullying and hurtful behaviour.

Year 4: a focus on family and the roles that families play in our lives, including recognising and respecting different types of family structures and understanding where they can seek help outside of their family. Children will also learn about respecting the views of others, including those whose traditions, beliefs and lifestyle are different to their own.



Year 5: a focus on safe friendships, including resisting peer pressure, managing conflict and responding to friendships that are making them feel unsafe. They will link this to online activities and be taught about 'online friendships' and how to recognise if these become unsafe (e.g. grooming). They will also begin to learn about the harmful effects of discrimination and stereotypes. Within the science curriculum, children will begin to learn about the human life cycle (including puberty) and reproduction in plants and animals.

Year 6: a focus on the many different types of relationships and respecting different choices that people make in terms of their relationships. Children will learn about the importance of boundaries and about seeking and giving consent, in an age-appropriate manner. Teaching of Sex Education will begin in Year 6 and a separate letter will be provided for Year 6 parents/carers to explain what to expect and how to withdraw your child if you wish.

Pupils will be given opportunities to ask questions during each PSHE lesson. All PSHE teaching at Birchwood takes place in a safe learning environment and is underpinned by our one school rule, 'Consideration and Respect'. All of the themes that will be covered in Relationships Education are age-appropriate and will be delivered by teaching staff in a child-friendly way.

From September 2020, parents/carers will not be able to withdraw their children from any aspect of Relationships Education or Health Education as these are now part of the statutory curriculum. You will however, be able to withdraw your child/children from any aspects of Sex Education other than those which are part of the science curriculum.

Our relationships policy is available to view on our school website under the Curriculum tab.

At Birchwood, we are committed to working in partnership with parents and the community. If you would like to find out more or discuss any concerns, we would urge you to contact your child's class teacher to find out more about what will be covered during PSHE throughout the year.

Yours sincerely



Mr N Coleman
Headteacher