



Parent Consultation Primary RSHE

March 2021



Why is the curriculum changing?

- We want all children to grow up to be healthy, happy, safe and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all children will be taught Relationships and Health education.
- These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world looks very different from the way it did 20 years ago which is why these changes make the content of PSHE relevant for your child.
- RSHE is an important aspect of **safeguarding children**.

What does the new statutory guidance cover?

Relationships Education

As a school, we believe effective relationships education to be a crucial aspect of **safeguarding children**. The focus of relationships education is on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and adults. DFE. This includes:

- Families and people who care for me (including different types of families which will be taught under the equality act).
- Caring friendships
- Respectful relationships
- Online relationships

You cannot withdraw your child from relationships education.

What does the new statutory guidance cover?

Health Education

The focus of health education is on teaching the characteristics of good physical health and mental wellbeing. Topics covered will include:

- Mental Wellbeing
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- The changing adolescent body (puberty)

As puberty is covered under health education, there is no longer the opportunity for parental withdrawal from this.

What are the recommendations for schools?

- It is important for safeguarding that children are taught the correct terminology for parts (including private parts) of their body in Year 1. You may wish to begin discussing this with your children at home.
- Explore/challenge gender roles and stereotypes including types of families- linked to the Equality Act 2010.
- Deliver RSHE in a progressive way across the school.
- Ensure that children in Year 5 and 6 receive RSHE input around puberty so that they are prepared.

Withdrawal

- From September 2020, parents and carers do not have the right to withdraw their child from lessons on Relationships or Health Education or the Science Curriculum.
- Parents/Carers can withdraw their child from sex education content outside the Science curriculum which occurs in Year 6.

How will RSHE be taught at St Andrew's?

| Year Group | Autumn 2 Celebrating Difference | Spring 1 Dreams and Goals | Spring 2 Healthy Me | Summer 1 Relationships | Summer 2 Changing Me |
|------------------|---|---|--|---|---|
| Reception | Identifying talents Being special Families Where we live Making Friends | Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals | Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety | Family Life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend | Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations |
| Year 1 | Similarities and differences Understanding bullying and how to deal with it Making new friends Celebrating the differences in everyone | Setting goals Identifying achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Overcoming obstacles Feelings of success | Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness | Belong to a family Making friends/Being a good friend Physical contact preferences People who help us Qualities in a friend Being a good friend to myself Celebrating special relationships Self-acknowledgement | Life cycles-animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition |
| Year 2 | Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and | Achieving realistic goals Perseverance Learning strengths Learning with others Group cooperation Contributing to and sharing success. | Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food | Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships | Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) |

How will RSHE be taught at St Andrew's?

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| | remaining friends | | | | Assertiveness Preparing for transition |
| Year 3 | Families and their differences Family conflict and how to manage it (child centered) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments | Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Overcoming obstacles Evaluating learning processes Managing feelings Simple budgeting | Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it is important (online and offline scenarios) Respect for myself and others Healthy and safe lifestyle choices | Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends. | Family stereotypes Challenging my ideas Preparing for transition |
| Year 4 | Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-Solving Identifying how special and unique everyone is First impressions | Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes | Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength | Jealousy Love and loss Memories of loved ones Getting on and falling out Girlfriends and boyfriends Showing appreciation to people and animals | Being unique Confidence in change Accepting change Environmental change Preparing for transition |
| Year 5 | Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures | Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation | Smoking including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour | Self-recognition Self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMAARRT internet safety | Self and body image Influence of online and media on body image Puberty for girls and boys (Growing Up Talk) Growing responsibility Coping with change Preparing for transition |

How will RSHE be taught at St Andrew's?

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| | | | | rules. | |
| Year 6 | <ul style="list-style-type: none"> Preceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/Exclusion Differences in conflict Difference as celebration Empathy | <ul style="list-style-type: none"> Personal learning goals in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments | <ul style="list-style-type: none"> Taking personal responsibility How substances affect the body Exploitation including county lines and gang culture Emotional and mental health Managing stress | <ul style="list-style-type: none"> Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety and responsibility | <ul style="list-style-type: none"> Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends and girlfriends Transition |

Please note, all lessons will be taught age appropriately.