



Tackley C of E Primary School
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17th June 2019

PSHE topic Health and Wellbeing

Dear Parents

We know that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education learning throughout the year. The three main areas that are taught in all classes are:

- Autumn term: **Living in the Wider World** – rights and responsibilities, taking care of the environment and money
- Spring term: **Relationships** – healthy relationships, feelings and emotions, valuing differences
- Summer term: **Health and Wellbeing** – healthy lifestyles, growing and changing, keeping safe

The aim of our PSHE curriculum is to help our pupils make safe and informed decisions during their school years and beyond.

During the **week beginning 24th June** all classes will be beginning the teaching of the Growing and Changing topic. I have attached an overview organised by classes, that shows the different aspects of teaching for all areas of the Health and Wellbeing curriculum this term. Please take time to look at what your child will be learning about, as parents you are also educators and it supports the work we do in school if you are able to discuss this learning with your child at home.

Relationship and Sex Education (RSE) is an important part of the Growing and Changing topic. As you can see from the plan our teaching covers topics such as: *knowing and naming the main parts of the body including external genitalia, hygiene, body images and the media, recognising and managing feelings, changes that happen in puberty, how a baby is made, and how it grows and the responsibilities of parents and carers.* During this teaching, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner.

Some parts of Relationships and Sex Education (RSE) are compulsory – these are part of the National Curriculum for Science. Parents can choose to withdraw their children from all other parts of sex education if they want to.

For parents of children in Year 5 and 6 please see the additional letter attached providing further details from Rebecca Priscott the School Health Nurse about the specific teaching of puberty and how babies are made. There is an opportunity for parents of Years 5 and 6 children to view the content of the resources used at 9:00 on Tuesday 25th June. Please email Mrs York in the school office if you would like to attend this session.

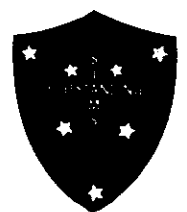
If you have any queries about the content of the teaching taking place during the week beginning 24th June please arrange to speak with your child's class teacher in the first instance.

Best wishes

Mrs LJ Murrey
Headteacher



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Summer Term PSHE overview

	Healthy Lifestyles	Health and Wellbeing	Keeping Safe
Year 1 and 2	<ul style="list-style-type: none"> To know some of the things that keep our body healthy (exercise, diet, sleep, rest) To know about making healthy choices To know about different kinds of feelings and share simple strategies about how to manage these To know how change may feel To know about basic hygiene and how to maintain 	<ul style="list-style-type: none"> To recognise what they are good at and set simple goals – link to growth mindset To learn about growing from young to old and how people's needs change To know the name for the main parts of the body, and similarities and differences between boys and girls. This includes external genitalia (vagina, penis) 	<ul style="list-style-type: none"> To know that household products, including medicines can be harmful if not used correctly To know the rules for keeping safe including: online safety, cycle safety, road safety, rail, water and fire safety To ask for help if they are worried To know about privacy in different contexts
Year 3 and 4	<ul style="list-style-type: none"> To know about what makes a 'balanced lifestyle' To learn about making choices in relation to health To learn about opportunities we have to make choices about the food we eat To learn about what influences our choices about food To know that images in the media do not necessarily reflect reality To learn that simple hygiene routines can prevent the spread of bacteria and viruses To learn what is meant by a habit and how these can be positive or negative 	<ul style="list-style-type: none"> To recognise personal achievements and describe what they are proud of, be able to set personal targets for the future To learn about a wider range of feelings, both good and not so good To know that people can experience conflicting feelings at the same time To explore describing their feelings to others To learn about changes that happen in life and the feelings associated with this 	<ul style="list-style-type: none"> To learn about managing risk in familiar situations and keeping safe To learn about feeling negative pressure and how to manage this To know how to get help in an emergency To consider risks in the local environment and how we keep safe To know about drugs that are common in everyday life (caffeine, medicine, alcohol and tobacco) To know about keeping safe online To learn about people who keep us stay health and safe
Year 5 and 6	<ul style="list-style-type: none"> To know what positively and negatively can affect their health and wellbeing (including mental and emotional health) To know about the benefits of a balanced diet To know about developing a range of skills to help make their own choices about food To understand how images in the media can distort reality and how this can affect how people feel about themselves 	<ul style="list-style-type: none"> To know about difference ways of achieving and celebrating personal goals To learn about having high aspirations and how these can support personal achievements To learn how to further describe the range of intensity of their feelings to others To learn about managing complex or conflicting emotions To know about coping with change and transition To know about changes that happen in puberty (Y5, revisited in Y6) To learn about human reproduction in the context of the human lifecycle (Science National Curriculum) To know how a baby is made and how it grows, about roles and responsibilities of parents and carers (Y6) 	<ul style="list-style-type: none"> To learn about independence, responsibility and keeping safe To learn strategies for managing risk To learn how the spread of infection can be prevented To know about different influences on behaviour, including peer pressure and media influence, to learn about how to resist unhelpful pressure and ask for help To know about what to do in an emergency and basic first aid (IMPS Y6 and Junior Citizen Y6) To know about some of the risks and effects of legal and illegal substances To know strategies for managing personal safety within their local environment – including access to Cycling Proficiency (Y6) To know strategies for keeping safe online To know about who is responsible for our health and wellbeing, where to go for advice and support To learn how to keep safe and well when using a phone/tablet

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Dear Parent / Carer,

I am delighted to have been invited to support the puberty education delivered in school this year. This work will compliment the school curriculum and your teaching at home surrounding the changes pupils will experience during adolescence. Rebecca Priscott will be delivering this program at Tackley Primary School on 27th June 2019.

I use the Channel 4 'Living and Growing' resources which are specifically designed for this age group and aim to reduce embarrassment, use age appropriate information and respect family values.

Year 5 and year 6 pupils will have a session entitled 'Changes' discussing how we grow and change throughout our lives. We will discuss the changes that occur during puberty, both physical and emotional. We also teach the NSPCC 'Underwear Rule' <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/> this will also incorporate raising awareness of female circumcision which is an illegal practice that some primary school girls are at risk of.

Year 6 pupils will also discuss 'How babies are made'. We will discuss life cycles, the reasons for this, the importance of friendships and adult sexual relationships.

Both sessions will focus on self-esteem and decision making to enable pupils to be confident, stand up for their beliefs and resist peer pressure in the future.

The children will have the opportunity to ask questions and review the lessons. All pupils will be encouraged to talk with their parent / carer about the aspects of puberty that are discussed. The NHS choices website pages on puberty provide useful information and resources to support your discussion with your child: <http://www.nhs.uk/Livewell/puberty> ,and a leaflet on periods can be viewed or printed from the FPA website : <http://www.fpa.org.uk/sites/default/files/periods-what-you-need-to-know.pdf> .

If you would like to discuss these sessions further or have any concerns regarding your child please do not hesitate to contact me.

Yours sincerely,

School Health Nurse
Oxford Health NHS Foundation Trust