



Sharow Primary School
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Headteacher: Mrs J Palmer

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Dear Parent / Carer,

As a school we are committed to providing all pupils with a planned Personal, Social, Health, Education (PSHE) programme to enable them to acquire the knowledge, understanding, skills and strategies they need to develop an understanding of themselves, empathy and the ability to work with others to help pupils form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives. A full outline of our PSHE curriculum is published on our school website [PSHE \(Personal, Social, Health and Economic education\) and RSE \(Relationships and Sex Education\) | Sharow Primary School](#)

The Government have made Relationships Education and Health Education statutory for all schools from September 2020.

The Government have produced some information leaflets for parents to explain what the new curriculum consists of and is trying to achieve. These can be accessed at [Understanding Relationships and Health Education - a guide for primary school parents \(publishing.service.gov.uk\)](#)

As part of the schools planned programme, we teach pupils about, 'Me and My Relationships' which covers aspects of Relationships Education and Relationships and Sex Education. The aim is to ensure pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe both on and offline.

Key aspects of this curriculum area also included:

- Year 1 being taught the names for different body parts which include the names for external genitalia.
- Year 1 / 2 / 3's are taught about what physical contact is acceptable or unacceptable. This is vital to support the work we do in keeping all pupils safe. Pupils need to have the language to describe the private parts of their body and learn that their body belongs to them, they have a right to say no both on and offline (consent), and that they should tell an adult if they're upset or worried. To support us in delivering this message to the pupils we



use information from the NSPCC Underwear Rule campaign. You can find out more at <http://www.nspcc.org.uk/>

- In Year 4 pupils start to learn that their body and emotions will change as they get older and continue to build on learning about the key components of a healthy relationship and how to keep themselves safe both on and offline. This learning continues in Year 5 and 6.
- In Year 5 pupils learn about all the external and internal genitalia and the ways in which children grow and develop in puberty both physically and emotionally.
- In Year 6 pupils further develop their understanding of the physical and emotional changes they go through at puberty and about human reproduction. We use the busy bodies resource to teach pupils about puberty at Year 5 / 6
https://www.healthpromotion.ie/health/inner/busy_bodies
- Throughout all year groups pupils learn about, 'Different Families' which does include lesbian, gay and bisexual couples and there is also work on gender identity which includes information about trans children and young people.

Teaching staff approach this aspect of the curriculum very sensitively and are aware of how it contributes to pupils development supporting them to develop healthy relationships, keep themselves safe and having factually correct information and the skills to positively manage the physical and emotional changes that will happen as they grow into hopefully happy, confident and responsible teenagers.

Parents and carers also play a vital role in talking to your child(ren) about this important part of growing up and keeping themselves safe. To help you understand the type of questions children of different ages may ask and how to best respond to them further information can be obtained from the family planning association website – parent/carers section at [For Parents - Relationships and Sex Education - FPA](#)

Some aspects of this curriculum are delivered through the National Curriculum Science and some through the PSHE curriculum. All children are taught Relationships Education and Health Education. As a school we have decided to teach sex education in Year 6 which parents will still be able to withdraw their child(ren) from.

If you have any further questions about this aspect of the curriculum please can you contact Jacqui Palmer.

Yours sincerely

Mrs Jacqui Palmer
Executive Headteacher