



Downton Church of England VA Primary School

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Acting Deputy Headteacher: Mrs M Ford BA (Hons)



Thursday 9th June 2022

Relationships, Health and Sex Education

Dear parents,

As a part of your child’s educational experience at Downton, we aim to promote personal wellbeing and development through a comprehensive programme of Personal, Social, Health and Economic (PSHE) education that gives children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. This term, children will be taught PSHE lessons which will cover aspects of ‘Relationships, Health and Sex Education’ (RSHE).

At Downton, we will be using the Christopher Winters resources to support the teaching of RHSE; these meet the requirements of Statutory Guidance released from the Department for Education on Relationships Education, Relationships and Sex Education (RSE) and Health Education. The resources are used from Reception through to Year 6. Below, is an overview of lessons in each year group. The lessons are designed as part of a spiral curriculum so children build on their knowledge and understanding each year.

Reception	Family and Friendships Lesson 1: Caring Friendships Lesson 2: Being Kind Lesson 3: Families
Year 1	Growing and Caring for Ourselves Lesson 1: Different Friends Lesson 2: Growing & Changes Lesson 3: Families & Care
Year 2	Differences Lesson 1: Difference Lesson 2: Male and Female Animals Lesson 3: Naming Body Parts
Year 3	Valuing Difference and Keeping Safe Lesson 1: Body Differences Lesson 2: Personal Space Lesson 3: Help and Support
Year 4	Growing Up Lesson 1: Changes Lesson 2: What is Puberty? Lesson 3: Healthy Relationships
Year 5	Puberty Lesson 1: Taking about Puberty Lesson 2: The Reproductive System Lesson 3: Help and Support
Year 6	Puberty, Relationships and Reproduction Lesson 1: Puberty and Reproduction Lesson 2: Communication in Relationships Lesson 3: Families, Conception & Pregnancy Lesson 4: Online Relationships



The teaching of RSHE will be blocked **starting the week beginning the 27th June**. We have also organised visits from our school nurse for Year 5 and Year 6 to further strengthen the teaching of RSHE. If you require further information about the content of RHSE, please see the RHSE policy on the school website.

Under the new guidance, Relationship and Health education is compulsory for all children, including learning about puberty. Lessons about reproduction, which go beyond the Science curriculum, are non-statutory and therefore your child can be withdrawn from these lessons if you choose. These lessons are those highlighted in years 4, 5 and 6 in the table above. Please notify your child's teacher, in writing, if you wish them to be withdrawn from these lessons.

All teaching in PSHE will take place in a safe learning environment and be underpinned by our school values of peace, love and joy.

If you have any further questions, please contact Mrs Hawkins our PHSE co-ordinator

Kind regards,

Mrs Hawkins

