



Wednesday 5<sup>th</sup> May 2021

## **Personal, Social, Health & Economic Education (PSHE) & Relationships & Sex Education (RSE) Curriculum**

Dear Parents and Carers,

At Grimoldby Primary School, the wellbeing of our children is paramount. We believe that the mental health and wellbeing of our children is critical to success in school and in life. Children learn better and are happier in school if their emotional needs are addressed.

Every class provides a wide range of activities that help to promote emotional health and mental wellbeing. These include worry boxes, 'calm corners', circle times, class assemblies and stories around wellbeing. We believe that being physically active helps to promote better mental health and every class takes part in the Daily Mile.

Each class also takes part in 'Wellbeing Wednesday'. The last session of every Wednesday is used to encourage children to actively think about their own wellbeing. Sessions are tailored around the children's interests and may include lessons around building resilience and self-esteem, art and craft activities, baking, building, or spending time outdoors.

Children also have access to our 'Wellbeing Check-in' and although it is available to them every day, they are encouraged to complete this each Wednesday. The 'Wellbeing Check-in' provides children with an opportunity to share how they are feeling with their Class Teacher. In KS2 children use an iPad and scan a QR code and in KS1 and Foundation Stage children place their name on one of the feelings monsters from the story, 'The Colour Monster.' Class Teachers are then able to identify children who may be struggling and can talk to them or, where appropriate, put in place more targeted support.

Wellbeing is also promoted through our JIGSAW scheme of work, a comprehensive programme of Personal, Social and Health 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. Every half term each class focuses on a different theme as shown below.



Term	Puzzle (Unit)	Content
<b>Autumn 1:</b>	Being Me in My World	Includes understanding own identity and children are encouraged to think about how they fit well in the class, school and global community.
<b>Autumn 2:</b>	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
<b>Spring 1:</b>	Dreams and Goals	Includes goal-setting, aspirations, who children want to become and what would they like to do for work and to contribute to society
<b>Spring 2:</b>	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
<b>Summer 1:</b>	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
<b>Summer 2:</b>	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

From September 2020 the Department for Education made Relationships and Health Education compulsory in all primary schools.

### What does the new guidance mean?

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, will give children and young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. This guidance forms part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly.

All teaching in PSHE takes place in a safe learning environment and is underpinned by our school's vision and values. A variety of opportunities is provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.



After May half term, the unit is called Changing Me. The Changing Me Puzzle includes, in every year group, two or three lessons to help children understand the body, the changes puberty brings and how human reproduction happens. This begins in Year 1 with children learning about boys' and girls' bodies and the correct names for body parts. In Year 5 and 6 lessons look more fully at puberty and reproduction.

As with all statutory subjects, there is no right to withdraw from Relationships Education or Health Education or any content from the Science curriculum. This means that pupils cannot be withdrawn from lessons on the Changing Adolescent Body. Parents do however have the right to request that their child be withdrawn from some or all of the Sex Education delivered following discussions with the Head Teacher. We believe it is very important to work in partnership with you and we hope you will agree with us that these lessons are very important for the children, that it needs to be done age-appropriately and that the JIGSAW programme gives us a secure framework in which to do this.

### **What will my child actually be taught about puberty and human reproduction?**

Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

**Foundation Stage:** Growing up: how we have changed since we were babies.

**Year 1:** Boys' and girls' bodies; correct names for body parts.

**Year 2:** Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).

**Year 3:** How babies grow and how boys' and girls' bodies change as they grow older.

**Year 4:** Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.

**Year 5:** Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.

**Year 6:** Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager.



All lessons are taught using correct terminology, child-friendly language and diagrams.

## **Suggestions and questions**

We feel that it is important that there is an open conversation between parents and school to ensure that the children are given the best PSHE and RSE provision possible. We encourage any feedback and suggestions as well as any questions that you, as parents, may have about the new guidance or coverage.

A copy of our PSHE & RSE Policy is attached to this letter. If you have any questions about the curriculum being delivered to your child/children or would like to view the resources in more detail then please do not hesitate to get in touch by emailing [enquiries@grimoldby.lincs.sch.uk](mailto:enquiries@grimoldby.lincs.sch.uk) or telephoning the school.

Yours Faithfully,

Mrs Sophie Waters