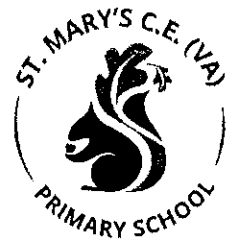


St Mary's CE (VA) Primary School  
Charles Street  
Wakefield  
WF1 4PE



Telephone: 01924 303625  
Fax: 01924 303626  
Headteacher: Mr M Taylor  
e-mail: office@stmaryswakefield.co.uk

Founded in Hope, to Find Our Voice, to Grow in Wisdom, to live in Community & Service

Dear Parents and Carers,

Over many years as a part of your child's education at St. Mary's we have successfully promoted personal wellbeing, health education and development through our curriculum. As a result, children have developed the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

The Department for Education has announced changes to relationships, health and sex education (RSHE) and all schools have been required to comply with the updated requirements. Particularly by reviewing their RSHE curriculum and policy to ensure our provision is appropriate for our children based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and disabilities

As a school community, we are committed to working in partnership with parents and carers. To finalise our proposed curriculum, I would like to seek your views regarding the policy and curriculum we propose. To help us achieve this you are invited:

- To read the attached DfE guide for parents.
- To Read the attached curriculum overview.
- To take the opportunity to view "Relationship, Sex & Health Guidance 2021-22" on our website (Parent Information Tab)

Then:

- Complete and return, by Thursday 17<sup>th</sup> March, a questionnaire to capture your feedback and any questions you may have.

*(School review of returned questionnaires)*

- Attend a one of the following parent information sessions:
  - 9:15 am Wednesday 23<sup>rd</sup> March
  - 3:15 pm Thursday 24<sup>th</sup> March
  - 1:30 pm Wednesday 30<sup>th</sup> March

I appreciate your ongoing support.

Mark Taylor  
(Headteacher)

If you wish to attend an information session please complete and return this reply slip by Thursday 17<sup>th</sup> March

**Parent/Carer Name:** \_\_\_\_\_

**Parent / Carer of:** \_\_\_\_\_

I wish to attend the following information session (please select one):

- |                          |  |
|--------------------------|--|
| <input type="checkbox"/> | 9:15 am Wednesday 23 <sup>rd</sup> March |
| <input type="checkbox"/> | 3:15 pm Thursday 24 <sup>th</sup> March  |
| <input type="checkbox"/> | 1:30 pm Wednesday 30 <sup>th</sup> March |

# Relationships, Sex and Health Education – St. Mary's Curriculum Overview

Year/Half-termly unit titles	1 Me and my Relationships	2 Valuing Difference	3 Keeping Myself Safe	4 Rights and Responsibilities	5 Being my Best	6 Growing and Changing
<b>EYFS</b>	What makes me special People close to me Getting help	Similarities and difference Celebrating difference Showing kindness	Keeping my body safe Safe secrets and touches People who help to keep us safe	Looking after things: friends, environment, money	Keeping by body healthy – food, exercise, sleep Growth-Mindset	Cycles Life stages Girls and boys – similarities and difference
<b>Y1</b>	Feelings Getting help Classroom rules Special people Being a good friend	Recognising, valuing and celebrating difference Developing respect and accepting others Bullying and getting help	How our feelings can keep us safe – including online safety Safe and unsafe touches Medicine Safety Sleep	Taking care of things: Myself My money My environment	Growth Mindset Healthy eating Hygiene and health Cooperation	Getting help Becoming independent My body parts Taking care of self and others
<b>Y2</b>	Bullying and teasing Our school rules about bullying Being a good friend Feelings/self-regulation	Being kind and helping others Celebrating difference People who help us Listening Skills	Safe and unsafe secrets Appropriate touch Medicine safety	Cooperation Self-regulation Online safety Looking after money – saving and spending	Growth Mindset Looking after my body Hygiene and health Exercise and sleep	Life cycles Dealing with loss Being supportive Growing and changing Privacy
<b>Y3</b>	Rules and their purpose Cooperation Friendship (including respectful relationships) Coping with loss	Recognising and respecting diversity Being respectful and tolerant My community	Managing risk Decision-making skills Drugs and their risks Staying safe online	Skills we need to develop as we grow up Helping and being helped Looking after the environment Managing money	Keeping myself healthy and well Celebrating and developing my skills Developing empathy	Relationships Changing bodies and puberty Keeping safe Safe and unsafe secrets
<b>Y4</b>	Healthy relationships Listening to feelings Bullying Assertive skills	Recognising and celebrating difference (including religions and cultural difference) Understanding and challenging stereotypes	Managing risk Understanding the norms of drug use (cigarette and alcohol use) Influences Online safety	Making a difference (different ways of helping others or the environment) Media influence Decisions about spending money	Having choices and making decisions about my health Taking care of my environment My skills and interests	Body changes during puberty Managing difficult feelings Relationships including marriage
<b>Y5</b>	Feelings Friendship skills, including compromise Assertive skills Cooperation Recognising emotional needs	Recognising and celebrating difference, including religions and cultural Influence and pressure of social media	Managing risk, including online safety Norms around use of legal drugs (tobacco, alcohol) Decision-making skills	Rights and responsibilities relating to my health Making a difference Decisions about lending, borrowing and spending	Growing independence and taking responsibility Keeping myself healthy Media awareness and safety My community	Managing difficult feelings Managing change How my feelings help keeping safe Getting help
<b>Y6</b>	Assertiveness Cooperation Safe/unsafe touches Positive relationships	Recognising and celebrating difference Reflecting on prejudice-based bullying Understanding Bystander behaviour Gender stereotyping	Understanding emotional needs Staying safe online Drugs: norms and risks (including the law)	Understanding media bias, including social media Caring: communities and the environment Earning and saving money Understanding democracy	Aspirations and goal setting Managing risk Looking after my mental health	Coping with changes Keeping safe Body image Sex education Self-esteem

# Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age 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 for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

## Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

## Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



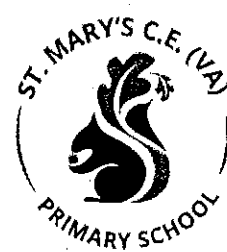
By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

## Relationships, Sex and Health Education Parental/Carer (RSHE)

### Questionnaire



As part of your child's education, we promote personal well-being and development through a comprehensive RSHE curriculum. The scheme we use to support us in delivering this curriculum is developed from the RSHE Statutory Guidance.

To gain an understanding of your views, we would appreciate if you could complete the following questionnaire.

1. I think RSHE is an important aspects of St. Mary's curriculum

Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	Don't know
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2. I understand St. Mary's RSHE curriculum – What the children will be taught in each year group.

Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	Don't know
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If you disagree or don't know, what would you like more information on?

3. I am pleased that my child will be learning about different aspects of relationships and health education – including family structures, friendship, bullying, teamwork, growing up, feelings, stereotypes, puberty, consent and keeping safe.

Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	Don't know
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Any other comment:

4. I feel happy to talk with my child about growing up, puberty and relationships

Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree	Don't know
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How can school provide further help?