



Learning for life, building a firm foundation.

'This is a Good School' Ofsted

19th December 2024

Parent and Carer PSHE Update

Relationships and Health Education

Dear Families,

All Saints C E Primary School and Nursery aims to promote the spiritual, moral, cultural, mental and physical development of all learners. Opportunities are provided to prepare the children for the responsibilities and experiences of life in an ever-changing society. This includes teaching children about relationships, health and their changing bodies.

All primary schools are required to teach Relationships and Health Education. These lessons contribute to safeguarding, helping children to take care of their bodies and keep themselves safe. This links directly to our Protective Behaviours programme, which is fully focussed on keeping children safe.

Relationships and Health education is delivered through our whole school PSHE programme SCARF and in particular our **Spring term** SCARF unit, **Growing and Changing**. These lessons are delivered sensitively and at an age appropriate level.

These Relationships and Health Education lessons are adapted every year to suit the needs of our learners. There are no longer any sex education lessons being taught and lessons about puberty start in Year 4 and continue into Year 5 and 6.

Below is an overview of the lessons:

Nursery: Growing and changing in nature, when I was a baby, girls, boys and families

Reception: Life stages - plants, animals, humans, Life Stages: Human life stage - who will I be?/Getting bigger and First Aid: What's safe to go onto my body

Year 1: Healthy me, Taking care of a baby, Then and now, Who can help? And Harold loses Geoffrey

Year 2: Haven't you grown! My day, Harold's postcard, helping us to keep clean and healthy, Harold's bathroom and My body needs...

Year 3: My special pet, Looking after our special people, Dan's dare, Friends are special

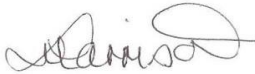
Year 4: All change! My feelings are all over the place! Together, Preparing for changes at puberty and SCARF Hotel

Year 5: Growing up and changing bodies, Changing bodies and feelings, Dear Hetty – grief and loss, Qualities of friendship, Happy being me

Year 6: I look great! Is this normal? Media Manipulation

We strongly advise you to take a look at the **parent and carer guide** which outlines the content taught for each year group from nursery to Year 6. This can be found on the school website <https://www.allsaintsprimaryschoolandnursery.co.uk/> Click on the Curriculum button along the top, then click on **PSHE**. Finally scroll down to the heading **Relationships and Health Education** and click on the guide for parents and carers8. There are also lots of other useful resources on here so please take a look.

If you do have any questions or require further information or support, please talk to your child's class teacher.

A handwritten signature in black ink, appearing to read 'Lisa Harrison', with a stylized flourish at the end.

Lisa Harrison
Headteacher