

# *PSHE in Primary Schools*

*Information pack for Parents/Carers*

*If you have any questions/concerns, please speak to Miss  
Phillips (PSHE Co-coordinator/Mental Health First Aid Lead)*

We are currently reviewing our PSHE scheme of work and updating it in accordance with the government changes.

There has been a great deal of press around PSHE as a subject in Primary School and I wanted to ensure that we are clear on what your child will and will not be taught. We want to continue to work with parents/carers as a partnership as we feel this is valuable.

The new PSHE scheme of work for Bellenden is currently being created but we have a rough outline, which we would like to share with you. It will show you the topic that your child will be taught in each year and term.

## PSHE Scheme of work outline

### **Autumn 1 and 2 - Relationships**

Year 1 - *Families and people who care for me.*

Year 2 - *Caring friendships*

Year 3 - *Being Safe*

Year 4 - *Respectful relationships*

Year 5 - *Online relationships*

Year 6 - *Recognise negative relationships and seeking help.*

### **Spring 1 - Healthy Body**

Year 1 - *Healthy eating*

Year 2 - *Physical health and fitness*

Year 3 - *Internet safety and harms*

Year 4 - *Health and prevention*

Year 5 - *Basic first aid*

Year 6 - *Drugs, alcohol and tobacco*

### **Spring 2 - Healthy Mind - for all year groups**

Week 1 - *Different types of emotions*

Week 2 - *Anxiety*

Week 3 - *Loneliness and isolation*

Week 4 - *Support for emotions - techniques*

Week 5 - *Where and how to seek help*

Week 6 - *Maintaining a healthy lifestyle*

### **Summer 1 and 2 - Living in the wider community**

Year 1 - *Different groups and communities*

Year 2 - *Emergency services*

Year 3 - *Protecting the environment*

Year 4 - *Rights and responsibilities*

Year 5 - *Respecting equality and a diverse community*

Year 6 - *Understanding money*

## What must my child know by the end of Primary School?

### APPENDIX 1

#### Mental health and emotional wellbeing in the statutory guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education (Feb 2019)

The following extracts from the content tables outlined in the Statutory Guidance for Relationships Education, RSE and Health Education (February 2019) do not provide a definitive list, but give examples of how and where mental health and emotional wellbeing are addressed, either implicitly or explicitly.

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#### Physical health and mental wellbeing (primary)

##### By the end of primary school

Mental wellbeing	<p><b>Pupils should know:</b></p> <ul style="list-style-type: none"><li>• that mental wellbeing is a normal part of daily life, in the same way as physical health.</li><li>• that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.</li><li>• how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</li><li>• how to judge whether what they are feeling and how they are behaving is appropriate and proportionate.</li><li>• the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.</li><li>• simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.</li><li>• isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support.</li><li>• that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.</li></ul>
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Mental wellbeing (Continued)	<ul style="list-style-type: none"> <li>• where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).</li> <li>• it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.</li> </ul>
Internet safety and harms	<ul style="list-style-type: none"> <li>• about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</li> <li>• that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.</li> </ul>
Physical health and fitness	<ul style="list-style-type: none"> <li>• the characteristics and mental and physical benefits of an active lifestyle.</li> </ul>
Health and prevention	<ul style="list-style-type: none"> <li>• the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.</li> </ul>
Changing adolescent body	<ul style="list-style-type: none"> <li>• key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes.</li> </ul>

### Relationships Education (primary)

By the end of primary school

Families and people who care for me	<p><b>Pupils should know:</b></p> <ul style="list-style-type: none"> <li>• that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.</li> <li>• how to recognise if family relationships are making them feel</li> <li>• unhappy or unsafe, and how to seek help or advice from others if needed.</li> </ul>
Caring friendships	<ul style="list-style-type: none"> <li>• how important friendships are in making us feel happy and secure, and how people choose and make friends.</li> </ul>
Respectful relationships	<ul style="list-style-type: none"> <li>• the importance of self-respect and how this links to their own happiness.</li> </ul>

\*\*\*The changing adolescent body is taught through the compulsory Science curriculum.

## 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.

## Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



## Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Department  
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If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.

## Frequently asked questions

*Information from the Department for Education about the introduction of compulsory relationships education and RSE from September 2020.*

**Q:** Will my child's school have to engage with me before teaching these subjects?

**A:** Schools will be required to consult with parents when developing and reviewing their policies for Relationships Education and RSE, which will inform schools' decisions on when and how certain content is covered. Effective engagement gives the space and time for parents to input, ask questions, share concerns and for the school to decide the way forward. Schools will listen to parents' views, and then make a reasonable decision as to how they wish to proceed. When and how content is taught is ultimately a decision for the school, and consultation does not provide a parental veto on curriculum content.

A school's policies for these subjects must be published online, and must be available to any individual free of charge. Schools should also ensure that, when they engage parents, they provide examples of the resources they plan to use, for example the books they will use in lessons.

For more information download our advice for primary schools on [engaging parents on Relationships Education](#).

**Q:** Will my child be taught sex education at primary? This is too young.

**A:** We are not introducing compulsory sex education at primary school.

We are introducing Relationships Education at primary, to put in place the building blocks needed for positive and safe

relationships of all kinds. This will start with family and friends, how to treat each other with kindness, and recognising the difference between online and offline friendships.

Many primary schools choose to teach sex education (which goes beyond the existing national curriculum for science), and we recommend that they do so, tailored to the age, physical and emotional maturity of their pupils. In those instances we recommend you discuss this with the school, to understand what they propose to teach and how. If you continue to have concerns, you have an automatic right to withdraw your child from these sex education lessons.

**Bellenden are not teaching any additional sex education, other than the teaching which is part of the compulsory Science curriculum. The children in Y5 and Y6 will also be visited by the school nurse and will take part in short session where they are free to ask questions or queries around the RSE topic that they are learning in Science. The class will be split in girls and boys for these sessions.**

**Q: Does the new Relationships Education and RSE curriculum take account of my faith?**

A: The subjects are designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

In all schools, when teaching these subjects, the religious background of pupils must be taken into account when planning teaching, so that topics are appropriately handled. Schools with a religious character can build on the core required content by reflecting their beliefs in their teaching.

In developing these subjects, we have worked with a number of representative bodies and faith organisations, representing all the major faith groups in England. Several faith organisations produce teaching materials that schools can choose to use.

**Q: Do I have a right to withdraw my child from Relationships and Sex Education?**

A: Parents will continue to have a right to request to withdraw their child from sex education delivered as part of RSE in secondary schools which, unless there are exceptional circumstances, should be granted up to three terms before their child turns 16. At this point, if the child themselves wishes to receive sex education rather than be withdrawn, the school should make arrangements for this to happen in one of the three terms before the child turns 16 - the legal age of sexual consent.

There is no right to withdraw from Relationships Education at primary or secondary as we believe the contents of these subjects - such as family, friendship, safety (including online safety) - are important for all children to be taught.

**Q: Has the government listened to the views of my community in introducing these subjects?**

A: A thorough engagement process, involving a public call for evidence and discussions with over 90 organisations, as well as the public consultation on the draft regulations and guidance, has informed the key decisions on these subjects. The consultation received over 11,000 responses from teachers, schools, expert organisations, young people and parents - these responses have helped finalise the statutory guidance.

**Q: Will my child be taught about LGBT relationships?**

A: Pupils should be taught about the society in which they are growing up. These subjects are designed to foster respect for others and for difference, and educate pupils about healthy relationships.

Pupils should receive teaching on LGBT content during their school years. Teaching children about the society that we live in and the different types of loving, healthy relationships that exist can be done in a way that respects everyone. Primary schools are strongly encouraged and enabled to cover LGBT content when teaching about different types of families.

## *Bellenden Primary School PSHE*

Secondary schools should cover LGBT content in their RSE teaching. RSE should meet the needs of all pupils, whatever their developing sexuality or identity – this should include age-appropriate teaching about different types of relationships in the context of the law.

**Q: What support will schools receive to deliver these subjects well?**

A: We are investing in a central support package to help teachers introduce these subjects well and with confidence. This will include a new online service, featuring access to high quality resources, innovative training materials, case studies and an implementation guide, available from Spring 2020.

There will also be training available for teachers through existing regional networks, offering opportunities to improve subject knowledge and build confidence.

We're working with expert organisations, schools and teachers to develop this support.

**At Bellenden, Miss Phillips regularly attends training sessions with the council as part of her role as the PSHE and Mental Health Lead. At these sessions, she is kept up to date with the most recent policies and requirements.**

**Q: Where can I find out more information about what will be taught in my child's school?**

A: If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school. We have also published [parent guides](#), which explain what the subjects are, and parents' rights.

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 important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum.

## *Bellenden Primary School PSHE*

Teaching at school will complement and reinforce the lessons you teach your child as they grow up. 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.

All changes that are being made are not just for Bellenden Primary School, they are changes which are being made in every Primary and Secondary school across England, due to Government policy.

If you have any questions or concerns, please speak to Miss Phillips and she will be happy to talk with you about that.

Many thanks,

Miss Phillips