

Dear parents and carers,

Relationships and Health Education

At Coplestone we want all children to grow up to be healthy, happy and ready to face the challenges and opportunities they will encounter in life. We are in the process of developing a PHSE curriculum that meets the needs of the pupils in years 1-6 and also covers the new statutory guidance for schools which becomes compulsory in September 2020.

Our PHSE curriculum will be divided into seven strands:

Sex and relationship education (SRE)
Drug, alcohol and tobacco education (DATE)
Keeping safe and managing risk
Mental health and emotional well being
Physical health and wellbeing
Careers, financial capability and economic wellbeing
Identity, society and equality

These are the topics that we will cover each year. The colours represent each of the seven strands.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Fun times	Feeling safe	Me and others	What do we put into and onto bodies (e.g. sun cream)	Feelings	My money
Year 2	What keeps me healthy	Friendship	Boys and girls, families		Indoors and outdoors	Medicines and me
Year 3	Tobacco is a drug	Bullying – see it, say it, stop it	Strengths and challenges	Celebrating difference	Spending, saving and budgeting	What helps me choose?
Year 4	Democracy	Making choices	What is important to me?	Playing safe	Different influences	Borrowing and earning money
Year 5	In the media	Stereotypes, discrimination and prejudice (including tackling homophobia)	When things go wrong	Dealing with feelings	Growing up and changing	
Year 6	Weighing up risk	Human rights	Healthy minds	Keeping safe – out and about	Healthy relationships and growing and changing bodies	

As part of the process of reviewing our relationships policy, we would like to offer parents and carers the opportunity to find out more and ask questions at the upcoming forum on 16th March at 2.30pm.

These important lessons help to reinforce our teaching of the need to keep children safe, healthy and able to look after themselves. You cannot withdraw your child from Relationships Education because it is important that all children receive this education.

In years 5 and 6 we will continue to teach the children about the changes they will experience in puberty – both physically and emotionally. We do not teach sex education, but children will learn how animals and plants reproduce as part of the science curriculum. When your children are about to have lessons about puberty you will be informed first so that you can work with your child to understand the changes that will happen. The science curriculum will be published in our topic webs as before.

If you would like to know more about what will be taught please do join us at the forum or contact me directly if you are unable to attend and have questions.

A great deal of this new curriculum contains content that we already teach the children, so we envisage a smooth transition to this new curriculum.

A guide for parents from the Department for Education is attached here for your information.