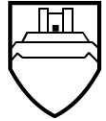




Stratford-sub-Castle Church of England VC Primary School

Headteacher: Mrs Kay Bridson B.A (Hons) PGCE



*Life in all its fullness*

head@stratford-sub-castle.wilts.sch.uk  
admin@stratford-sub-castle.wilts.sch.uk  
finance@stratford-sub-castle.wilts.sch.uk  
www.stratford-sub-castle.wilts.sch.uk

Salisbury  
Wilts  
SP1 3LL

☎ 01722 327 227

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Dear Parents and guardians of Year 1,

Just before the global pandemic hit, the government changed and modernised parts of the curriculum. This is because 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 to the lived experiences of children in the 2020s.

Schools are expected to use PSHE education to build, where appropriate, on the statutory content already outlined in the national curriculum, the basic school curriculum and in statutory guidance on: drug education, financial education, sex and relationship education (RSHE) and the importance of physical activity and diet for a healthy lifestyle.

All primary age children **must** be taught Relationships and Health Education.

Our school shares the government's aspiration that all children should grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. This means all primary age children in our school will be taught Relationships, Health and Sex Education. These subjects are designed to equip children with the knowledge to make informed decisions about their wellbeing, health and relationships as well as prepare them for a successful adult life.

Our school intends to use sensitivity and flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of our pupils.

End of primary expectations and curriculum content is given in the Relationships Education, Relationships and Sex Education, and Health Education DfE guidance (2019). It is up to schools to determine how this is taught as part of a broad and balanced curriculum. Our school ensures that teaching is integrated within wider themes of the Personal, Health, Social and Economic Education (PHSE) and citizenship curriculum. Our framework for statutory and non-statutory content is provided by **Jigsaw: The Mindful Approach to PHSE** scheme of work.

This scheme has been used by the school for a number of years because it complements the Christian foundation and ethos of the school. We are confident that the Jigsaw Programme covers all aspects of Relationships, Sex and Health Education (RSHE) within the context of a full PSHE programme in an age-appropriate way. When changes to these curriculum areas occur in the future, Jigsaw provides the school with materials to ensure all statutory duties are fulfilled.

**Relationships Education** puts in place the building blocks needed for positive and safe relationships, including with family, friends and online. Children are taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, children cover how to treat each other with kindness, consideration and respect.

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

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

**Health Education** aims to give children 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

**The human development (Biology) contained in National Curriculum science (Key Stages 1–4) is compulsory in maintained schools such as Stratford-sub-Castle Primary School.**

- **‘All children, including those who develop earlier than average, need to know about puberty before they experience the onset of physical changes’ (1.13)**
- **Children should learn ‘how a baby is conceived and born’ before they leave primary school (1.16)**

Effective Relationships and Sex Education can make a significant contribution to the development of the personal skills needed by pupils if they are to establish and maintain relationships. It also enables children and young people to make responsible and informed decisions about their health and well-being. This is why the DfE recommend:

*“... that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.”* (Relationships Education, Relationships and Sex Education, and Health Education, DfE, 2019, para 67).

**Parents may not withdraw a child from Relationships Education or Health Education because it is important that all children receive this content, covering topics such, as friendships and how to stay safe.**

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

**If parents do not want a child to take part in some or all of the lessons on Sex Education, they may ask that they are withdrawn. At primary level, the head teacher must grant this request.**

Please see the *Personal, Social, Health and Economic Education*

(*PHSE*) and *Relationships and Sex Education and Health Education Policy (RSHE)* #3 attached to this letter

### Jigsaw Content

Jigsaw covers all area of PHSE and RSHE for the primary phase as the following table shows:

Term	Puzzle name	Content	Year 1
Autumn 1:	Being me in my world	Includes understanding my rights and responsibilities as a member of the class and that my views are values. To recognise I can make choices and understand the consequences.	
Autumn 2:	Celebrating Difference	Includes discussing what makes me different from my friends and what makes us special and unique.	
Spring 1:	Dreams and Goals	Includes discussing how I felt when I succeeded in a new challenge and how I celebrated it.	
Spring 2:	Healthy Me	Includes thinking about why my body is amazing and identifying some ways to keep it safe and healthy.	
Summer 1:	Relationships	Includes discussing why I appreciate someone who is special to me.	
Summer 2:	Changing Me	Includes identifying the parts of the body that make boys different to girls. Using correct names for these parts: penis, testicles, vagina.	

Please find the curriculum coverage for your child below. If you have any concerns or questions, please contact Mrs Bridson.

Lesson Sequence	Year 1	Science National Curriculum Objectives	PHSE/RHE Curriculum
What do you already know about the lifecycles of animals and humans? What changes happen as we/they grow?		✓	✓
How have you changed since you were a baby? What has stayed the same?		✓	✓
Can you talk about how your body has changed since you were a baby?		✓	✓
Can you identify the parts of the body that make boys' and girls' bodies different?			✓
What do you enjoy about learning new things? Who can you ask if you are worried about changes?			✓