



Stratford-sub-Castle Church of England VC Primary School

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*Life in all its fullness*

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Dear Parents and guardians of Year 3,

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 3
Autumn 1:	Being me in my world	Includes thinking about the consequences of our actions, why rules are needed in school and why it is important to feel valued as a person.
Autumn 2:	Celebrating Difference	Includes discussing conflicts with friends and families and how words can be used in kind or hurtful ways, how I feel when this happens and strategies to using during conflict.
Spring 1:	Dreams and Goals	Includes discussing the different things that help me learn and what I need to do to improve, how I can share my successes and feeling proud of myself.
Spring 2:	Healthy Me	Includes identifying how I can keep safe and healthy and who to go to when I need help. Being able to express my feeling when I am worried or scared.
Summer 1:	Relationships	Includes discussing how my life is positively influenced by other people and how my actions can affect those around me.
Summer 2:	Changing Me	Includes identifying how girls' and boys' bodies change on the inside and outside as they are growing up. Understanding why these changes are necessary so that their bodies can make babies when they grow up. Recognising how I feel about these changes.

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

Lesson Sequence Year 3	Science National Curriculum Objectives	PHSE/RHE Curriculum
What changes happen as animals and humans grow up?	✓	✓
How do babies develop in the mother's uterus? What do they need to live and grow?	✓	✓
How do girls' and boy's bodies change on the outside as they grow up? Why do their bodies change?	✓	✓
How do girls' and boys' bodies change on the inside as they grow up? Why do their bodies change?	✓	✓
What is a family?		✓
What are you looking forward to in your next school year?		✓