

Lady Margaret Primary School



Health and Relationship parent meeting Year 4 and 5

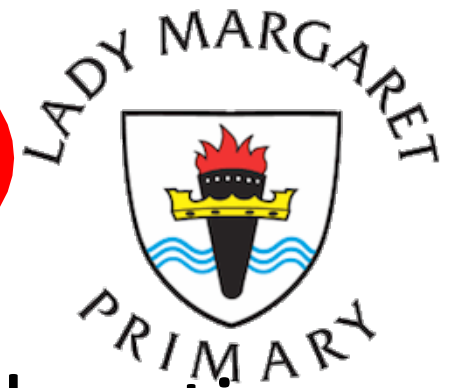


Update on changes to the curriculum

Past	Present
Non-statutory – part of PSHE	Statutory since September 2020 – with a caveat!
Linked to safeguarding - risk, consequences....	Safeguarding is the ' golden thread ' "Health and Relationships Education is ... a tool to safeguard children"
Three RSE lessons delivered in Summer term	Three Health and Relationships Education lessons delivered in Summer term
Puberty in upper KS2 & parents could withdraw	Puberty remains in upper KS2 but is now statutory
Sex education in year 6, all non-statutory.	Sex education in year 6 – 3 lessons, ONLY one lesson in Year 6 non-statutory (Conception)
Range of topics: e.g. keeping clean, routine, smoking & drug education, taking risks, consequences, staying safe	Range of topics: e.g. keeping clean, routine, good and bad touch, saying no, assertiveness, good friendships, self esteem, communicating



Health and Relationship Education



- The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education.
- It is now a statutory requirement to teach the majority of PSHE education. This statutory content – often summarised as RSHE – covers Relationships Education at key stages 1 and 2.



What is covered as part of Health and Relationship Education



- Personal, Social, Health and Economic (PSHE) education is a school subject through which pupils develop the knowledge, skills and attributes they need to manage their lives, now and in the future. It helps children and young people to stay healthy and safe, while preparing them to make the most of life and work. PSHE education also helps pupils to achieve their academic potential.
- Relationships Education builds positive foundations for healthy and safe relationships of all kinds. This will start with family and friends, how to be kind, and exploring online friendships.



What is covered as part of HRE at Lady Margaret Primary school?



- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Body changes



Health and Relationship Education



Also include is:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe



The curriculum covers:

Families and people who care for me

KNOW that families...

- Give love security and stability
- Provide commitment, protection, care, and involve sharing time together
- May often look different to theirs
- Are important for safety and stability
- May have a married couple – that marriage represents a formal and legally recognised commitment between two people

BE ABLE to.....

- Respect difference and that other peoples' families may look different to theirs
- Recognise and respond if someone in their family makes them feel unhappy or unsafe





Families and people who care for me



Pupils should know:

- that families are important for children growing up because they can give love, security and stability
- the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives
- that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care



Caring friendships



KNOW that friendships

- Can make us feel happy and secure
- Are a choice
- Provide mutual respect, kindness, trustworthiness, loyalty and generosity
- Are positive and welcoming when healthy
- Can have their ups and downs, but they can be worked through
- Do not involve violence or make you feel unhappy or uncomfortable

ARE ABLE to....

- Recognise who to trust and who not to trust
- Work through friendship ups and downs
- Judge when a friendship is making them unhappy or uncomfortable



Respectful relationships



KNOW that respectful relationships

- Involve courtesy and manners
- Include the relationship you have with yourself and its importance and relevance in one's own happiness
- Are something you can expect from others
- Are not bullish, know what the types of bullying are and their impact
- Are mindful of what a stereotype is and recognise how the use of stereotypes can be unfair, negative or destructive

BE ABLE to....

- Treat people with respect
- Acknowledge not everyone is the same, but everyone deserves to be treated with respect
- Use practical steps to improve or support respectful relationships
- Identify bullying behaviour in themselves or others



Online relationships



KNOW that online relationships.....

- Can involve people pretending to be someone they are not!
- Are no different to face to face relationships, in that you can expect to be respected, and it is expected that you will be respectful

BE ABLE to.....

- Recognise risk and report concerns
- Follow the rules and principles to keep safe
- Think critically



Science curriculum



Living things and their habitats

Pupils should be taught to:

- describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- describe the life process of reproduction in some plants and animals.



Year 5 - Three Health and Relationship lessons



- **Lesson 1: this is on page 6**

To explore the emotional and physical changes that occur during puberty

To understand male and female puberty changes

To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty

- **Lesson 2: this is on page 8**

To explore the impact of puberty on the body and the importance of physical hygiene

To explore ways to get support during puberty

(Lesson 1 and 2 single sex lessons)

- **Lesson 3: this is on page 10**

To understand what makes a family and who to turn to for help and support

All lessons are statutory



Year 4 - Three Health and Relationship lessons



Lesson 1: this is on page 6

To understand good friendships

Lesson 2: this is on page 7

To identify the people in my family, while recognizing that not all families look like mine

To explain where I can get help and support

Lesson 3: this is on page 9 (Children will be taught in same sex classes)

To understand basic facts about puberty

To begin to understand menstruation

All lessons are statutory



Year 5 - FGM



In addition, and following our involvement in the FGM awareness raising programme, the FGM lessons from year 3 to 6 are also part of our HRE education curriculum. Taught in single sex classes.

Two sessions – non- statutory parents have the right to withdraw.

- Session 1: To understand the difference between religion and culture
- Session 2: To know I have the right to say no.

Pupils will find out and discuss a practice that doesn't adhere to MY Body My Rules, this is a practice called FGM. FGM is the changing or altering of girl's private parts to make them look and work differently.



Year 4 - FGM



Two sessions – non- statutory parents have the right to withdraw.

- Session 1: To understand aspects of discrimination
- Session 2: To understand that every individual no matter what their gender should be treated with equal respect and opportunities

There are many ways girls and boys are treated unequally. One such way that girls and boys are treated differently is through a practice called FGM. FGM only happens to girls and FGM does not respect 'My Body My Rules'

.FGM is changing a girl's private parts to make them look and work differently.



Right to withdraw

Right to withdraw

Those parents who withdraw their children from FGM lessons will receive lessons on dementia

- Session 1: To know the types of difficulties people with dementia may experience
- Session 2: To explore ways in which communities can support people living with dementia





Right to withdraw

Letters about FGM will be given out after the FGM workshops, this will be after the half-term holiday and prior to the FGM lessons.





Resources

All the resources linked to the teaching of HRE have been provided.

Any questions, if you wish to ask them individually, please see me at the end.

