

Lady Margaret Primary School



Health and Relationship parent meeting Year 1,2 and 3



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.
- **Autumn term:** Health and Well being
- **Spring term:** Living in the Wider world (Fundraising/charities)
- **Summer:** Relationships



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 HRE at Lady Margaret Primary school?



Year 1

Lessons covered include:

- To understand how to keep myself clean and healthy and explain why it is important
- To understand how I have grown and changed since birth
- 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



Health and Relationship Education



Also included:

- To identify the qualities of a good friend (What does it mean to be a good friend? What is a good friend? How can we be a good friend?)
- To explain the importance of compliments
- To recognise positive qualities in themselves.



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



Year 2

- Lessons covered include:

- To understand and learn the PANTS rules (PANTS song)
- To understand that they have the right to say “no” to unwanted touch
- To explore stereotypes
- To explain personal boundaries (We have a bubble around us)
- To understand how boys and girls are different and to name boy and girl body parts.
- To understand the stages in the human lifecycle (p44-49)
- 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



Health and Relationship Education



- **Also included :**
- To identify the qualities of a good friend (What does it mean to be a good friend? What is a good friend? How can we be a good friend? What does a good friend say? What does a good friend do? What does a good friend mean to you? What do you look for in a friend? What is important to you?)
- To understand what makes a good friend
- To understand pride
- To explain different types of feelings
- To explore different emotions



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



Year 3

- Lessons covered include:
- Lesson 1 : To understand how boys and girls are different and to name boy and girl body parts
- Lesson 2: To identify the people in my family, while recognising that not all families look like mine
- To explain where I can get help and support
- Lesson 3: To understand good friendships

- All lessons are statutory



Health and Relationship Education



Also included:

To understand good friendships

To identify positive thoughts.

To explore the concept of self-talk.

To explore healthy relationships.



Online relationships



Year 1 - Children begin to understand what personal information is and who you can share it with, including the need to keep passwords private. They begin to recognise the need to know who they are sharing their learning with online and recognise the difference between real and imaginary online experiences. Children know who to tell when they see something that makes them uncomfortable and make sure an adult knows what they are doing. Children recognise the Internet as an exciting place to be but understand the need for a balance in how they spend their time and make good choices about age appropriate activities.

Year 2 Children understand what personal information is and who you can share it with, including the need to keep passwords private. Children begin to recognise the need to know who they are sharing their learning with online and recognise the difference between real and imaginary online experiences. Children know who to tell when they see something that resources and lesson plans Agree sensible e-safety rules for the classroom. who can see the information online. Children recognise the Internet as an exciting place to be but understand the need for a balance in how they spend their time and make good choices about age appropriate activities.

Year 3 - Children recognise the need to keep personal information and passwords private. They recognise the need for a secure password. Children understand that an adult needs to know what they are doing online and understand how to report concerns, including cyberbullying. Children understand that any personal information they put online can be seen and used by others.

Children are taught how to stay safe online, appropriate ages of the games they are playing, and what to do if they suffer from bullying online.



Year 3 - 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 know you can say no to bad touch
- Session 2: To understand that FGM is not a rite of passage





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
- 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, this will include a slip to return to the class teacher if you do not wish your child to attend the 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.

