



PARENT LIAISON – May 2023



Wherwell Primary School



OUR SCHOOL VALUES



- ✓ CARE
- ✓ RESPECT
- ✓ RESPONSIBILITY
- ✓ RESILIENCE

Always do the right thing!

OUR LEARNING BEHAVIOURS



LORENZO THE LEMUR

MOTIVATION



CARLA THE CAT

CURIOSITY



DYLAN THE DOG

TEAMWORK



TOBY THE TURTLE

RESILIENCE



ORLA THE OWL

INDEPENDENCE



FRANKIE THE FOX

REFLECTION

We take a broad and thorough approach to the delivery of PSHE (including RSE & Health) and SMSC.

PSHE

Personal,
Social, Health &
Economic

RSE

Relationships and
Sex Education and
Health Education

SMSC

Social, Moral,
Spiritual and
Cultural

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain.

That is why, from September 2020, all primary age children are taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

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 for your child.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

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

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

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child 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

You can find further detail by searching '**relationships and health education**' on GOV.UK.

Sex education in primary schools

Under the **National Curriculum**, the basics of sex education fall within the science curriculum. 'The statutory content requires maintained schools to teach children about human development, including puberty, and reproduction,' says Lucy.

In Year 2, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth, but not how reproduction occurs.

In Year 5, children are taught about the life cycles of humans and animals, including reproduction. They also learn about the changes that happen in humans from birth to old age. This includes learning what happens in puberty, including periods.

Beyond this, sex education isn't compulsory in primary schools. They may, however, decide to provide additional sex education based on the needs of their pupils, and indeed, many do.

If you're not happy with your child taking part in sex education at school, you have the right to withdraw them from any or all of it, and the school should make alternative arrangements for your child for the duration of the teaching. The exception is the content covered in the **National Curriculum** for science, which children at maintained schools have to be taught.

Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

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



— The HeartSmart High Five —



Don't Forget To Let Love In!

Learning how important,
valued and loved we are.



Too Much Selfie Isn't Healthy!

Exploring the importance
of others and how to
love them well.



Don't Hold On To What's Wrong!

Understanding how to
process negative emotion
and choose forgiveness
to restore relationships.



Fake Is A Mistake!

Unpacking how to bravely
communicate truth and
be proud of who we are.



'No Way Through,' Isn't True!

Knowing there is a
way through every
situation, no matter how
impossible it may seem.

www.heartsmart.school

RECEPTION

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5
GET HEARTSMART (Meet boris)	My HeartSmart Tool-belt Looking at Boris' special tools to learn what it means to be HeartSmart	Becoming Boris Using junk materials to dress up as Boris	Fill Boris' Toolbox Roll a dice to find the missing tools from Boris' toolbox	How do they feel? Learning to read facial expressions and body language to understand how someone is feeling	My heart is... Talking about things we love and how they make us feel.
	ACTIVITY PSED-SC/SA	ACTIVITY PSED-MR	GAME	ACTIVITY	ACTIVITY

YEAR 2

RELATIONSHIPS & HEALTHY LIVING

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle	That's what Friends are for (Shrek) Saying sorry and offering forgiveness between friends	Balloon Spoons Demonstrating how holding onto unforgiveness can make us feel	Let the Ouch Out Reflecting on helpful ways to deal with hurt	Traffic Lights Ways to handle negative emotion	Crumpled Hearts Demonstrating the consequences of teasing or bullying
	HS FILM R&HE - CF4, RR2 PSHE - H2	FILM CLIP R&HE - CF4 PSHE - R6	ACTIVITY R&HE - MW3, MW4 PSHE - H4	WORKSHEET R&HE - MW7, MW9 PSHE - H4, H5	ACTIVITY R&HE - MW3, MW9 PSHE - H4, H13	ACTIVITY R&HE - MW8, RR6, BS7 PSHE - R13, R14
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	Grains of Sand There never has and never will be another one of me	The Truth about Me Not all the thoughts we have about ourselves are true	Real is a Big Deal Discussing how different emotions feel	Nice to Meet You! Looking at ways to be polite when meeting others	Sun Safe! Thinking of ways to stay safe in the sun
	HS FILM R&HE - CF2 PSHE - R1	ACTIVITY R&HE - N/A PSHE - L8	DISCUSSION R&HE - MW1, MW4 PSHE - R4, R12	WORKSHEET R&HE - MW2, MW3 PSHE - H4, R1	GAME R&HE - RR3 PSHE - R8	ACTIVITY R&HE - HP2 PSHE - H1

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
DON'T HOLD ON TO WHAT'S WRONG	Lesson 1 Introduction to the 3rd HeartSmart principle	Saying sorry Discussing ways to fix broken friendships	Pass through the pain barrier	Good stress, bad stress Talking about different types of stress	Boundaries Learning about personal boundaries	Be Kind Online Recognising and responding to cyberbullying

YEAR 6

Unit	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
DON'T HOLD ON TO WHAT'S WRONG	Don't Hold on to What's Wrong Introduction to the 3rd HeartSmart principle	Work it Out Developing strategies to resolve conflict and disputes	Power of Forgiveness - Jimmy Mizen's parents Discussing how we benefit when we choose to forgive others	Way to Say Exploring how our tone and body language communicates more than our words	Bit by Bit Discussing how to build trust between friends	Deep Impact Considering the impact of bullying
	HS FILM R&HE - CF4, RR2 PSHE - H1	ACTIVITY R&HE - CF4, RR2 PSHE - R12	DISCUSSION R&HE - MW1 PSHE - R12	ACTIVITY R&HE - RR2, OR1 PSHE - R2	ACTIVITY R&HE - CF2, CF5 PSHE - R9, R21	ACTIVITY R&HE - RR6, MW8 PSHE - R14
FAKE IS A MISTAKE	Fake is a Mistake! Introduction to the 4th HeartSmart principle	Fake is a Mistake! Introduction to the 4th HeartSmart principle	This is Me! Being proud of who we are	HeartSmart Self-Talk Catching negative self-talk and replacing it with positive self-talk	Boundaries for Respect Learning how to use boundaries to establish respectful friendships	Vaccines - Facts vs Fake News! Finding out facts about vaccinations
	HS FILM R&HE - CF2 PSHE - R2	HS FILM R&HE - CF2 PSHE - R2	DISCUSSION R&HE - N/A PSHE - H6, H7, R16	DISCUSSION R&HE - MW1 PSHE - H1, H6, H7	ACTIVITY R&HE - BS1, RR2 PSHE - R3, R10, R18	ACTIVITY R&HE - HP6, ISH6 PSHE -
'NO WAY THROUGH', ISN'T TRUE	'No Way Through' isn't True! Introduction to the final HeartSmart principle	'No Way Through' isn't True! Introduction to the final HeartSmart principle	The Bridge to Yet Demonstrating that 'No Way Through' isn't True!	Self-awareness Thinking about how we are feeling, why we feel that way and what we need	Hearts Filled with Hope Looking at the power of Hope and how it can keep us going	Where the Magic Happens Learning to step out of our comfort zones
						Under Construction - the teenage brain! How the brain changes during puberty

The background is a blue gradient with decorative white circuit-like lines in the corners. The lines consist of small circles connected by straight lines, resembling a stylized circuit board or network diagram.

Questions?

Classroom visits