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Dear Parents

### **PSHE - Personal Social and Health Education – Reminder letter and for our new parents**

At Thornborough we hold this subject with very high regard and your child's wellbeing is at the forefront of all we do. PSHE education is a subject through which children and young people acquire the knowledge, understanding and skills they need to manage their lives, now and in the future. PSHE develops the qualities and attributes pupils need to thrive as individuals, family members and members of society.

PSHE is a standalone subject, however, it is embedded in our daily routines and in the other statutory subjects. We also teach PSHE through assemblies, daily conversations, key moments in the calendar and when the unexpected happens in our world.

Last September there were statutory changes to the PSHE curriculum. To broaden development and understanding there is - **DfE Relationships Education, Relationships and Sex Education (RSE) and Health Education** and this will be taught alongside our PSHE programme.

The teaching of Primary **Relationships Education** will be:

*'the fundamental building blocks and characteristics of positive relationships with particular reference to friendships, family relationships and relationships with other peers and adults'*

#### **This includes**

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

When teaching Primary **Health Education** the focus will be on:

*'good physical health and mental wellbeing. Understanding that mental wellbeing is a normal part of daily life in the same way as physical health.'*

#### **This includes**

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

The Relationship Education, RSE and Health Education regulations 2019 have made Relationship Education **compulsory** in all primary schools. Sex education is **not compulsory in primary schools** but the Department of Education has recommended it is taught. Primary schools should have:

*'sex education tailored to the age and physical maturity of the pupils'.*

It is worth noting that there is **NO parental right** to withdraw your child from Relationship Education. However, primary schools that choose to teach sex education **must allow parents a right to withdraw their children**. Schools must have a clear policy on what they intend to teach their pupils. We are an Infant school and will **NOT** teach Sex Education to our children. Relationship and Sex Education are **NOT** the same.

This is a curriculum for all Primary schools and as we all know we are an Infant school - we teach within the Early Years Foundation Stage (EYFS) and Key Stage 1. What this means is that we will adapt our PSHE, Relationship Education and Health Education curriculum and policy. The content will be based on our children, their age and their key stage (EYFS or KS1). Some of the subtopics may not be relevant at this early age. However, I feel that it is positive and informative for you to be fully aware of the all the changes whilst your child is still within the Primary phase of their education, and for you to know what to expect as they continue onto their next school and onto the next key stage.

This is a very brief overview of what to expect in EYFS and KS1 teaching and curriculum.

Key Stage	Curriculum Subject	Content
EYFS - Reception	Prime Area – Personal, Social and Emotional Development	<ul style="list-style-type: none"> <li>- Making relationships</li> <li>- Self-confidence and awareness</li> <li>- Managing feelings and behaviours</li> </ul>
Key Stage 1 - Year 1 & 2	PSHE	<ul style="list-style-type: none"> <li>- <b>Core themes</b> <ol style="list-style-type: none"> <li>1) Health and Wellbeing</li> <li>2) Relationships</li> <li>3) Living in the Wider World</li> </ol> </li> </ul>

Why am I telling you this? Parental voice is very important and this is your chance to have an opportunity to get in touch and discuss any questions you may have, as well as ideas on what you would like your child to learn. I have included the website address for the PSHE Association who are incredibly informative and current, the school is a member - <https://www.pshe-association.org.uk/>

I would highly recommend you read our appropriate policies – PSHE and Relationship – which are on our website. Thank you for taking the time to read this letter. If you have any questions or interest in the new PSHE framework – please email me as soon as possible.

Yours sincerely

Miss Olivia Quirke  
Headteacher