

July 2020

Dear Parents and Carers,

As a part of your child's education at Casterton Primary Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. This does not include Sex Education at this time but you will be consulted on this at a later date.

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. I am writing to let you know that, during the next academic year, starting in September, your child's class will be taking part in lessons which will focus on the relationships and health education (HRE) aspect of this programme.

**Lessons in years 1 and 2 will include pupils learning about:**

- **Relationships** - similarities/differences, ourselves and families, groups we belong to, friendships, loneliness, arguments, bullying and respect for others.
- **Health and Well Being** - keeping healthy (physically and mentally), people who help us, hygiene, medicines, keeping ourselves safe, managing feelings and growing up.

**Lessons in Years 3 and 4 will include pupils learning about:**

- **Relationships** - positive friendships, dealing with arguments, families and family life, caring for each other, respect for self and others, courteous behaviour, respect and human rights.
- **Health and Well Being** - keeping safe at home and in school, hygiene, medicines, household products, eating well, dental care, keeping active, taking rest, self-esteem, personal qualities, dealing with setbacks, feelings and emotions.

**Lessons in Year 5 will include pupils learning about:**

- **Relationships** - positive relationships, becoming independent, safe online relationships.
- **Health and Well Being** - personal attributes and qualities, similarities and differences, individuality and stereotypes. Healthy habits - drugs, alcohol and tobacco.

**Lessons in Year 6 will include pupils learning about:**

- **Relationships** - looking after ourselves (mentally and physically), growing up, becoming independent and taking responsibility for own choices.
- **Health and Well Being** - understanding different relationships, how we are changing, becoming more independent and moving to high school.

PSHE education is taught throughout the school in every year group and will be monitored and reviewed regularly by the staff and governing body.

Please visit the school's website: [www.casterton.co.uk](http://www.casterton.co.uk) for more detail about our proposed PSHE curriculum/policy. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

We invite you to look at the draft school policy\* and the information above and send any questions, feedback or concerns about the proposed curriculum to: [enquiries@castertonprimaryacademy.co.uk](mailto:enquiries@castertonprimaryacademy.co.uk) Feedback will be looked at when we return in September.

As a school community, we are committed to working in partnership with parents, and hope that you will support us in delivering a high quality and relevant curriculum to your child/children.

Yours faithfully,

Mrs. S. Root (PSHE subject lead).

\*The draft policy will be on the school website at the end of the Summer Term