



Cadishead Primary School

Allotment Rd. Cadishead. M44 5JD



Headteacher: Mr. N. Hargreaves



'Learning together for a confident future'

Dear Parents,

Personal Social, Health and Economic (PSHE) and Relationship and Sex Education (RSE) at Cadishead Primary School

Over the course of the year, your child will take part in PSHE and Relationship Sex Education lessons. We aim to promote personal wellbeing and development through a comprehensive taught programme of Personal Social, Health and Economic (PSHE) education that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

From September 2020 the Department for Education is making Relationships and Health Education (Primary) and Relationships Sex Education and Health Education compulsory in all schools. Along with other schools we are gradually introducing some of the changes throughout this school year.

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, it will give children and young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own wellbeing. All of the sessions will be age appropriate and meet the needs of all pupils in the class.

The new PSHE RSE is categorised into three core themes: Health and Wellbeing, Relationships and Living in the Wider World.

Health and Wellbeing Education covers: Mental wellbeing; Internet safety and harms; Physical health and fitness; Healthy eating, Drugs, tobacco and alcohol; Health and prevention; Basic first aid and Changing adolescent body.

Relationships Education covers: Families and people who care for Caring friendships; Respectful relationships; online relationships and Keeping Safe.

Living in the wider world is not statutory but deemed essential and includes topics such as; Rights and responsibilities; Rules and laws; Community; Environment and Economic wellbeing including money, career and aspirations.

The guidance will form part of the school's PSHE education programme, which is taught, throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All teaching in PSHE will be taught by your child's class teacher in a safe learning environment and be underpinned by our school ethos and values.

You are most welcome to discuss the materials used with your child's class teacher. If you wish to do so, please contact them directly. You have the right to withdraw your child from RSE sessions. If you wish for this to happen, please inform school in writing.

Mrs N Heggs

Assistant Headteacher

Cadishead Primary School Long-term overview

Term	Autumn			Spring			Summer		
Core Theme	Health and Wellbeing			Relationships Educations			Living in the n the wider world.		
Topic	Healthy lifestyles	Ourselves, Growing and Changing	Keeping Safe	Feelings and emotions	Healthy Relationships	Valuing Difference	Rights and Responsibilities	Environment	Money
Year 1	What keeps our bodies healthy; hygiene routines.	Recognise what they are good at; setting goals; describe feelings; change and loss and how it feels.	Keeping safe around household products; how to ask for help if worried about something.	Recognise feeling in self and others; sharing feelings.	Secrets and keeping safe; special people in their lives.	Respecting similarities and differences in others; sharing views and ideas.	Group and class rules; everybody is unique in some ways and the same in others.	Looking after the environment. (cross group project with year 2)	Where money comes from; how to use money- savings and spending money.
Year 2	Healthy choices; different feelings; Managing feelings	Recognise what they are good at; setting goals; Growing; changing and being more independent; correct names for body parts (including external genitalia)	Keeping safe in different situations; how to ask for help if they are worried about something; privacy in different contexts.	Behaviour; bodies and feelings can be hurt.	Listening to others and playing cooperatively; appropriate and inappropriate touch; teasing and bullying.	Respecting similarities and differences in others; sharing views and ideas.	Group and class rules; respecting their own and other's needs; groups and communities they belong to; people who work in the community; getting help in an emergency.	Looking after the environment. (cross group project with year 1)	Where money comes from; how to use money- savings and spending money; making choices; keeping track of money spent/saved.
Year 3	What makes a balanced diet, what influences food choices and habits?	Recognise what they are good at; setting goals; Describe feelings; conflicting feelings and how to manage feelings/	School rules on health and safety; basic emergency first aid; people who help them stay safe; online safety	Recognising feelings in others; responding to how others are feeling.	Positive; healthy relationships and friendships; maintaining friendships; actions affect others and ourselves; working collaboratively.	Recognising and responding to bullying.	Discuss and debate health and wellbeing issues. Being part a part if the community and who works in the community.	Responsibilities; rights and duties.	Enterprise; what it means; developing skills in enterprise. (Cross year group project with year 6?)
Year 4	What makes a balanced lifestyle; making choices;	Recognise what they are good at; setting goals; Changes at	How to stay safe in the local area and online.	Keeping something confidential or secret; When to break a confidence;	Acceptable and unacceptable physical contact; solving disputes and	Listen and respond effectively to people; share viewpoints.	Discuss and debate health and wellbeing issues. Appreciating difference and	Sustainability of the environment across the world.	Role of money; managing money (saving and
	drugs common to everyday life; hygiene and germs	puberty. Changes that happen in life and feelings associated with change.		recognise and manage dares.	conflicts and amongst peers.		diversity in the UK and around the world.		budgeting); what is meant by interest and loan?
Year 5	What positively and negatively affects health and mental wellbeing; making informed choices about diet. Drug tobacco and alcohol awareness.	Recognise what they are good at; setting goals; Intensity of feelings on managing complex feelings; coping with change and transition; Bereavement and grief. Changes at puberty including menstruation and the menstrual cycle, erections and wet dreams.	Strategies for managing personal safety in the local environment; online safety including sharing images; mobile phone safety.	Responding to feelings in others.	Actions have consequences; working collaboratively; negotiation and compromise; giving feedback.	Listening to others; raise concerns and challenge.	Discuss and debate health and wellbeing issues. Rules and laws; changing rules and laws; anti-social behaviour; respecting and resolving differences.	Different rights; responsibilities and duties.	Importance of finance in people's lives; being a critical consumer; looking after money; interest; loan; debt management of money; tax.
Year 6	Images in the media and reality and how this can affect mental wellbeing.	Recognising what they are good at; setting goals; identify internal reproductive organs in males and females; human reproduction	Independence; increased responsibility; keeping safe; influences on behaviour; resisting pressure; rights to protect their body and speaking out (including FGM); Where to get advice and help.	Confidentiality and when to break confidence; managing dares.	Different types of relationships; positive and healthy relationships; maintaining relationships; recognising when a relationship is unhealthy (including forced marriage); committed loving relationships; marriage. Acceptable and unacceptable physical touch; personal boundaries and the right to privacy.	Listening to others; raise concerns and challenge. What makes people the same or different; recognising and challenging stereotypes; discrimination and bullying.	Discuss and debate health and wellbeing issues. Human rights; the rights of the child; cultural practices and British law. Being part of a community; groups that support communities. Being critical of what is in the media and what they forward to others.	How resources are allocated; effect of this on individuals; communities and environment.	Enterprise; setting up an enterprise. (Cross year group project with year 3?)

