**‘Learning and Living Together’**

**Personal, Social and Health Education and Relationships and Sex Education**

**Summer 2023**

A Guide for Parents and Carers,

Everything we do in the content and delivery of PSHE is designed to create a school where the children feel safe and develop high levels of respect for others.

We give the children a range of opportunities to contribute to the life of the school through our Peer Supporters, School Councillors, play leaders and mini-play leaders as well as ‘study buddies’ to help children new to the school.

This term the children will complete a range of additional activities to support their personal development. These include learning around:

* Internet Safety:
* Bullying in all its forms
* Career Related Learning
* Building resilience (Red Cross)

**Year 1 / 2 - Cherry, Chestnut and Cherry classes**

Keeping Healthy and safe

Relationships, Sex Education

* To know when to keep a secret and when to tell a trusted adult
* to know when we feel safe and what to do if we don’t
* To be able to identify trusted adults and to understand what, when, who and how to tell
* To understand inside hurting and outside hurting
* To be able to identify and know the difference between "yes" and "no" touches
* to learn about the pants rule

Healthy Lifestyles:

* To understand some of the things needed to have a healthy body
* To be able to name and talk about foods they like and dislike
* To understand why different foods and drinks are important in order for our bodies to stay healthy and well
* to know which medicines are safe for children.
* To understand what exercise is and why it is good for us
* To understand the importance of sleep for our bodies
* To begin to understand how to make choices which promote healthy living

Internet Safety

* E Safety, links to Internet Safety Week

Ongoing activities

* PSHE Pioneers
* Special Friends table
* Play Leaders
* Relax Kids

**Year 3 / 4 - Holly, Hazel and Hawthorn Classes**

During the final half term, Year 3 / 4 classes will cover the following objectives in PSHE and RSE lessons:

Year 3:

* Understand the stages of life and know that we all develop at different rates
* Understand that there are different types of families
* Understand how families show love
* Understand the positive feelings of others towards me
* Know the names of body parts and the difference between male and females
* know how to keep ourselves safe and say ‘no’

Year 4:

* Understand the changes from child to adulthood
* Describe the changes as a child grows up
* Discuss male and female body parts using the agreed words
* Know some of the changes which happen to the body during puberty
* Recognise unwanted peer pressures and learn techniques to say ‘no’
* Recognise the need to ask for help and support, who to ask and how.
* Identify my own safe spaces in school and at home
* To be able to use safe coping strategies

**Year 5 / 6 – Magnolia, Maple and Mulberry Classes**

During the summer term the Year 5 / 6 classes will cover in PSHE lessons and ‘Circles’ the themes of:

Years 5 and 6

* Exploring what is a legal and illegal drug? What effects may these have?
* Kindness - being kind to yourself and others
* Career-related learning / aspirations
* Know who and how to ask for help during puberty.
* Understand the emotional and physical changes associated with the onset of puberty for boys and girls and who we can ask for support.
* Understand what menstruation is.
* Be able to use the correct vocabulary to describe the female and male reproductive organs
* Understand how to take responsibility for personal hygiene in the context of growing up and puberty.
* Exploring the importance of personal hygiene

Year 6 (In addition to revisiting the above Year 5 content)

* Attraction and love
* Homophobia
* Exploring peer pressure through scenarios.
* Appreciating that people have different opinions and points of view.
* Understand the laws that are in place to protect children from harm
* Recognising stereotypes and the role of the Media.
* Chameleon Project - preparing for transition

**Non-statutory lessons delivered during the Summer term to children in Year 6.**

At Cale Green, puberty is taught as a statutory requirement of Health Education and covered by our science and Stockport ‘Spiral Curriculum’. We conclude that sex education refers to Human Reproduction, and therefore parents can request their child be withdrawn **only** from the PSHE lessons that explicitly teach this.

*\* Permission will be sought later this term from parents / carers for Year 6 children to participate in these lessons as the content is beyond what is statutory. Please refer to the policy for further guidance.*

•Understanding the process of intercourse and conception within the context of a positive, respectful and loving relationship.

•To understand how intercourse can lead to having a baby.

•To understand the process of childbirth.

•To explore the responsibility of having a baby.

**Relationships and Sex Education for Parents**

**Your role as parents and carers is crucial.**

The Relationships and Sex Education programme at Cale Green is designed to support and complement your role as parents as you support your children through the challenges and responsibilities that getting older brings.

**What can you do?**

It is important that the children feel able to discuss and question issues both at home and at school. You can do this by:

* **don’t save it for the ‘Big Talk’!**
* supporting the school in its RSE programme
* model good relationships
* examine your own views and attitudes
* talk to your children
* listen to your children – don’t be shocked and don’t judge
* know where to get information and advice
* talk to others
* start simply and use language you are comfortable with
* share some of your own experiences being honest about the pitfalls and difficulties of maintaining long term stable relationships
* find out when school is teaching RSE so you can ask your child about their learning
* use everyday situations to start conversations
* talk about the importance of considering the feelings of others in relationships not just the biology
* help your child deal with the emotional aspects of relationships
* **start early - start simply - start now!**

At the request of parents, we have a small lending library of books (which have been chosen by parents) which can be used at home to help you discuss issues around puberty with your children.

These resources can be collected from school on a Wednesday afternoon from 2.00pm. Please contact us to arrange this.

If you wish to discuss any aspect of our approach to teaching Relationships and Sex Education please do not hesitate to contact school: [Schooladmin@calegreen.stockport.sch.uk](mailto:Schooladmin@calegreen.stockport.sch.uk)

**Young Carers at Cale Green**



Young Carers are encouraged to self - refer by completing the form displayed on the Young Carers notice board and placing this in the worry box.

As a school we work closely with Johnny Woodhams from an organisation called ‘Signpost Young Carers’. Johnny provides advice and support for children, families and schools. For further information please follow this link:

<https://www.signpostforcarers.org.uk/young-carers>