 **Cale Green Primary School**

**‘Learning and Living Together’**

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

**Summer 2022 Updates**

A Guide for Parents and Carers,

Everything we do in the content and delivery of PHSE 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 PHSE**

Keeping Healthy and safe

Relationships, Sex Education

* To know when to keep a secret and when
* to tell a trusted adult
* 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

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 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

* Peer massage
* 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 and 4:

* Learn how to identify and manage my emotions
* Understand what it means to be a refugee

Year 4 only

* 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 – Jasmine, Juniper and Oak Classes**

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

Year 5

* Kindness - being kind to yourself and others
* (Catch-up from Summer 21) Continuing to understand the changes that occur during puberty for both boys and girls
* (Catch-up from Summer 21) Understand the facts about menstruation
* (Revision from Summer 21) Know who and how to ask for help during puberty.

Year 6 (In addition to Y5 content)

* Attraction and love
* Chameleon Project - preparing for transition

**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.

**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 Hannah Thompson from an organisation called ‘Signpost Young Carers’. Hannah provides advice and support for children, families and schools. For further information please follow this link:

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