



## **Cale Green Primary School**

‘Learning and Living Together’

Personal, Social and Health Education  
and Relationships and Sex Education

Spring 2022 Updates

### **A Guide for Parents and Carers,**

#### **Personal, Social, Health and Economic Education**

Everything we do in the content and delivery of PSHE is designed to create a school where the children feel safe, 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 have included learning around:

- Young Carers:
- Mental Health Awareness:  
<https://www.childrensmentalhealthweek.org.uk/>
- Internet Safety:  
<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022>
- Career Related Learning
- Developing a child-friendly safeguarding policy – this will be sent out before Easter

The children have also been visited by Stockport County who presented a ‘Healthy Living, Healthy Choices’ assembly.

Children in Year 6 will be taking part in a ‘Crucial Crew’ event in March. This is designed to provide the children with the life skills that will enable them to keep themselves and others safe. Outside of school and the home. Representatives from the Emergency Services and local agencies will be delivering a diverse range of scenarios for the children to take part in.

In addition to the Family Forum we held in September about the RSE new curriculum, we also held a Safer Internet Family Forum session in November 2021. if you would like further support, please do not hesitate contacting school [schooladmin@calegreen.stockport.sch.uk](mailto:schooladmin@calegreen.stockport.sch.uk)

### **Year 1 / 2 – Cedar / Chestnut and Cherry Classes**

During the Spring term, the Year 1 / 2 classes will cover the following objectives in PSHE lessons and ‘Circles’:

- Modern British Values - Democracy - The Rule of Law
- E-safety- To understand why we have passwords and why they need to be secure
- To understand how to make new friends
- To learn how to cope with losing friends

- To understand what makes a good friend
- To learn about the qualities of friendship
- To understand which medicines are harmful
- To learn about how we grow up
- Parts of the body and the needs of babies
- The importance of being unique and equality

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

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

#### Year 3 and 4

- E-safety - To understand the difference between knowing someone and knowing of them
- E-safety - To recognise that our behaviour and sharing of information needs to be different between 'people I know' and 'people I know of'

#### Year 3

- Understand how Modern British Values link to our everyday lives
- Know how to get help in an emergency
- Know what to do in the event of small medical emergencies such as bites and stings
- To consider touch and to know that a person has the right to say what they like and dislike
- To explore the differences between males and females and to name the body parts

#### Year 4

- To understand changes in responsibilities between a child, teenager and adult
- To explore the human lifecycle
- To identify some basic facts about puberty

## Year 5 / 6 – Jasmine, Juniper and Oak Classes

During the spring term, the Year 5 / 6 classes will cover in PSHE lessons and 'Circles' the themes of:

### Year 5 and Year 6

- Modern British Values - Democracy - The Rule of Law
- Rights Respecting School
  - Article 24 Health and Health services
  - Article 12 Respect the views of the child
  - Article 30 minority groups
  - Article 14 Freedom of thought
  - Article 38 War and conflict
- Peer Pressure / Role models
- Living in the Wider world: financial capability
- RSE Spiral Curriculum (Friendships / Relationships / Goof Friends / Peer Pressure)
- Being mentally healthy

### Year 6 (In addition to Y5 content)

- Friendships and Relationships:
  - Appreciating different viewpoints
  - Attraction / love
  - Marriage / Civil Partnerships (Sensitivity needed)

## 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>