



Friday 14th January 2022

Dear Parents and Carers

You may be aware that it has become compulsory for all primary schools to provide Relationships Education as part of their curriculum.

At Holy Trinity Lamorbey CE Primary School, we have taken the time to carefully consider our offer of both statutory Relationships Education to Years R - 6, and non-statutory Sex Education to Year 6 only. Relationships and Sex Education (RSE) is an important part of our school commitment to provide pupils with the knowledge and skills to keep themselves safe, make healthy choices, develop respect for themselves and others, and form positive and healthy relationships.

We believe that effective Relationships and Sex Education is best delivered in partnership with parents and carers. We want to ensure that you know what will be taught and when, thus enabling you to support and reinforce your child's learning at home. We will provide you with an overview of what each year group will be studying. Please note that Relationships Education is embedded into our Personal, Social, Health and Economic (PSHE) curriculum. Year 6 parents and carers will be consulted about the content of Sex Education lessons prior to them commencing and will be asked if they wish to withdraw their children from these lessons.

You can learn more about our RSE provision in school, and what the Department for Education states each child should know by the end of Primary School, by reading our RSE policy, which is available on our school website. We strongly recommend that parents and carers read the policy carefully and welcome you contacting us if you have any questions or comments about the school's approach to this important, statutory area of learning. We also invite you to participate in our consultation by completing the short survey, which can be accessed by clicking [here](#).

Please refer to the table below for our PSHE and RSE overview and to our [RSE policy](#), on the website, which maps out the content covered across a child's time at HTL and where and when it is addressed.

Yours faithfully,

Mrs. Dawes
Principal



PSHE and RSE Overview 2021-2022

	Autumn 1 My mind	Autumn 2 My mind	Spring 1 My life	Spring 2 My life	Summer 1 My health	Summer 2 My health
Reception	Children learn to respect differences, treating others with respect and acknowledging that we are all different and unique	They are confident to speak to a familiar group, will talk about their ideas, and will choose the resources they need for their chosen activities. They say when they do or don't need help	Children talk about how they and others show feelings, talk about their own and others' behaviour and know that some behaviour is unacceptable	Be confident to try new activities and show independence, resilience and perseverance in the face of challenge	Being healthy Healthy eating Being active Sleeping Show sensitivity to others' needs and feelings, and form positive relationships with adults and other children	Keeping clean Talking about feelings Show sensitivity to others' needs and feelings, and form positive relationships with adults and other children
Year 1&2	Being healthy Feelings and emotions Support network Happiness Challenge	Resilience Determination Self-awareness Keeping cool Being positive	Family and friends Personal safety Impressions Being proud	Responsibilities Choices and consequences Character traits Hobbies and clubs	Keeping healthy Get moving Sleeping Press Pause	Healthy eating Hydration Personal hygiene Healthy behaviours
Year 3&4	Healthy body, healthy mind Mind training Resilience	Determination Feelings Emotions Mental health	Lifestyles Making choices Confidence Impressions	Pride Character Relationships Connections	Physical health Being active Healthy routines Recharge	Healthy eating- Smart choices Hydration Keeping healthy



		Positivity Self Awareness				
Year 5	Self-management Game plan Coping strategies Self-control Support network	Focus Aspirations Life journey Belief Motivation	Life connections Support network Personal growth Challenge Hobbies	Balance Habits Pride Responsibility Respect	Body health- Fitness Rest & recovery Being mindful Nutritional Fundamentals	Energy levels Food habits Health risks & attitudes
Year 6	Self-management Game plan Coping strategies Self-control Support network	Focus Aspirations Life journey Belief Motivation	Life connections Support network Personal growth Challenge Hobbies	Balance Habits Pride Responsibility Respect	Body health Fitness Rest & recovery Being mindful Nutritional Fundamentals How your body changes -Understand what puberty is and why it happens -Introduce pupils to male and female reproductive organs -Learn about the changes of puberty	Energy levels Food habits Health risks & attitudes Different relationships and family set ups Relationships with parents and what a trusting relationship looks like Growing up -Consider how to make wise choices during puberty



					and how to deal with them	<p>-Understand how people decide to get married</p> <p>-Learn about the marriage vows and their meaning</p> <p>Babies and family life</p> <p>-Consider what makes romantic love special</p> <p>-Learn how a baby is conceived, develops and is born</p> <p>-Explore qualities that help to make families strong</p>
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