



June 2021

Year 5 and 6 Relationships and Health Education

Relationships and Health Education 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.

The government guidance for Relationships and Health Education (2019) outlines statutory learning outcomes for all primary-aged pupils from September 2020. In addition, as recommended by the Department for Education, we also teach non-statutory elements of sex education in an age-appropriate manner in Year 6. To deliver our curriculum, we use the Discovery Education Health and Relationships Programme to support us in meeting these outcomes through dedicated lesson time.

In Year 5 pupils cover the following content across the year:

Healthy and happy friendships	Identity and peer pressure in real life and online. Positive emotional health and wellbeing.
Similarities and differences	Celebrating strengths, setting goals and keeping ourselves safe online.
Caring and responsibility	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.
Families and committed relationships	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.
Healthy bodies, healthy minds	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.
Coping with change	How puberty changes can affect our emotions and feelings and ways to manage this; questions about puberty and change, including periods and wet dreams.

In Year 6 pupils cover the following content across the year:

Healthy and happy friendships	How relationships evolve as we grow, and how to cope with a wider range of emotions.
Similarities and differences	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.
Caring and responsibility	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.
Families and committed relationships	Sex education: adult relationships and human reproduction, including different ways to start a family.
Healthy bodies, healthy minds	Being the best me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.
Coping with change	Transitions (including to secondary school) and ways to manage the increasing responsibilities and emotional effects of life changes.

In line with our Relationships and Health Education Policy, teachers will answer any questions from pupils in an age-appropriate and factual way, without personal bias or judgement. The teacher will have a box in her classrooms where pupils can post questions anonymously if they wish. Questions will be answered in one of the following ways: by providing an answer to the whole class; by giving an individual answer to a pupil, or, on rare occasions, by contacting parents if we feel the question would be better handled in the home setting. Any questions that give rise to concerns of a safeguarding nature will be handled in line with our published safeguarding policy.

We invite you to preview the upcoming videos to be shown to Hassop class. These will be available for viewing on 4 laptops/iPads under the canopy on:

- Tuesday June 15th from 8am-9.30am then 3.15pm to 5.30pm
- or
- Thursday June 17th from 8am-9.30am then 3.15pm to 5.30pm

Please ask for Miss Lucas/Mrs Parry at these times if you have any questions.

Please adhere to social distancing, wear a mask and use the sanitiser provided to clean equipment/hands.

Videos available to preview

Year 5 Coping with Change strand and is called **Elise explains: Periods**. 5 minutes.

Year 5 Families & Committed Relationships and is called **What is Love?** 5 minutes.

Year 6 Coping with Change strand and is called **Ask the expert: Puberty**. 3 minutes.

Year 6 Families & Committed Relationships is called **Starting a family (sex education)** 3 minutes.

We intend to show the 4 videos to all **Year 6 children** as they did not see the Year 5 videos last year.

The video **Starting a family (sex education)** is non-statutory so you may refuse permission for your child to view this. If you are a Year 6 parent, please complete and return the form to Miss Lucas if you do not wish your child to view this video. The lesson will be given

We will show the **Year 5 children** the Year 5 videos only. These are statutory however we think it is helpful for parents to know what is being shown in school so you are prepared at home for any questions.

Sessions in School

For Year 6 parents only: please complete the permission form here <https://forms.gle/uKW2Fr5t54oU7nSV6>

If permission is not given your child will complete an alternative task away from the classroom for the duration of the non-statutory delivery.

The delivery of the sessions will take place from late June into July. The non-statutory sessions for Y6 will be delivered last.

Kind regards

Mrs Parry and Miss Lucas