



Springwell Park
Primary School

Headteacher: Miss T Webley
Springwell Park Primary School
Menai Road · Bootle · L20 6PG
Tel: (0151) 288 6054 / 56 · Fax: (0151) 922 4517
admin.springwellpark@schools.sefton.gov.uk

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Dear Parents/Carers,

You will be aware that, as a part of your child's educational experience at Springwell Park, we aim to promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives our young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. From September 2020 the Department for Education is making Relationships Sex Education and Health Education compulsory in all schools.

What does the new guidance mean?

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being. All of the sessions will be age-appropriate and meet the needs of all pupils in the class

How will this be delivered?

This guidance will form part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and Governing Body. For more detail about the PSHE curriculum policy, please visit the school's website: <https://www.springwellparkprimary.co.uk/policies/> . All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally. Lessons will take place at the beginning of each half term where a focus will be set out for the week. Children will learn through a variety of activities within the classroom, whole school assemblies & guest visitors who will run workshops throughout the year.



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Aside from this, PSHE is embedded in our everyday life in Springwell park and will continue to be practiced from the way we treat each other, to the values and rules we set out to keep the children happy, feeling listened to, respected and safe.

What will my child be learning?

Children will learn three themes across the year; living in the wider community, online safety & healthy relationships. These three themes are broken down into 6 half-termly focus weeks which include healthy mind, healthy body, online safety, keeping safe, caring friendships & healthy relationships. Below in the table are the themes that each year group will cover. For a more in depth look at these, please refer to our updated PSHE policy on the website which includes the curriculum maps for each year group with clearly outlined aims and objectives in more detail.

Year 1	Expressing a range of emotions, self-care techniques, how friendships can make us feel happy, keeping safe online, road safety, my body is mine and how to keep safe, why families are important, different types of families, hygiene hand & dental washing.
Year 2	Talking about our feelings, self-care techniques, characteristics of friendship, tolerance of differences, effects of bullying, how to ration time spent online for our wellbeing, people who help us, concepts of privacy, sun care, characteristics of a healthy family life, healthy diets & a mental and physical benefits of a healthy lifestyle.
Year 3	Appropriate reactions to feelings, self-care techniques, lasting impacts of bullying, online behaviour & keeping information private, how data is shared online, risks of smoking, responding to strangers, reporting concerns of abuse, family relationships and safety, poor diets, risks of obesity and other health issues related to poor lifestyle.
Year 4	Isolation & loneliness, self-care techniques, resolving friendship conflicts, effects of bullying, cyber-bullying and trolling online, negative stereotypes, risks of alcohol, recognising and reporting abuse, respecting others and accepting differences.
Year 5	Recognising triggers for emotions, self-care techniques, judgements and trust in friendships, Puberty & body change, challenging stereotypes, understanding search engines, age restrictions online, boundaries in friendships, menstrual wellbeing, marriage, preparing healthy meals & recognising signs of physical illness.
Year 6	The sleep factor, risks of drugs, gang project, online safety, basic first-aid, allergies, immunisations & vaccines, the importance of self-respect effects of bullying & mental ill health.

Can I withdraw my child from lessons?

A parent or carer will have the right to withdraw their child from Sex Education lessons that do not fall under the science statutory curriculum. In Springwell Park, we will only be teaching body changes mentally and physically through puberty in Year 5 and no other aspects of Sex Education. If you wish to withdraw your child from this lesson, please refer to the PSHE policy with the guidelines on how to do this. Relationships Education is compulsory and therefore no parent or carer will have the right to withdraw their child from these lessons.

What if I have questions?

Due to coronavirus, we were not able to host our original information evening where questions could have openly been asked and answered on the spot regarding any concerns, queries or clarifications that you need with this. Instead, we have attached a questionnaire which we would urge you to fill in and send back to the school so that we can ensure that we have given all the information needed and can address any areas where we may need to expand or clarify on. We thank you in advance for working together with us on this and helping us to provide the children with a well-rounded curriculum that puts their wellbeing at the very heart of everything we do.

Kind regards,
Miss Dailly
(PSHE Coordinator)

