Church Drive Primary School

**‘Learning Today for Tomorrow’s World’**

Port Sunlight, Wirral, Merseyside CH62 5EF Headteacher: Mrs J Jones

**PHSE and RSE Programme - Spring 2022**

At Church Drive Primary School, we’ve always taught about healthy relationships and these new statutory guidelines just bring a structure to what we’ve always done. From the academic year 2020-2021, all primary schools in England must teach Relationships and Health Education (RSHE). We’ve attached the government document if you would like to investigate further:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\_data/file/805781/Relationshi ps\_Education\_\_Relationships\_and\_Sex\_Education\_\_RSE\_\_and\_Health\_Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/805781/Relationshi%20ps_Education__Relationships_and_Sex_Education__RSE__and_Health_Education.pdf)

Many schools will have been teaching these topics for a number of years. As with other subjects, our lessons aim to meet the needs of the children and are age appropriate. These topics are important in helping children deal with current experiences and also to prepare them for the next stage of their education and ultimately for adult life.

Our school, and the government recognise the important role you play in educating your children and this is especially true for RSHE. It is important that children can discuss and ask questions both at home and at school.

**What will my child be learning about?**

You may be interested to know that we’ve chosen the highly creative Kapow program to deliver our RHE and PSHE. These lessons cover the statutory requirements and have been carefully planned to be age appropriate. They also give the opportunity for children to revisit topics in different year groups. This is important as they will learn more and see things differently as they mature.

The lessons are divided up into three overarching themes:

* Families and relationships
* Health and wellbeing
* Safety and the changing body

Below is a summary of some of the areas covered within each theme:

Families and relationships

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| --- | --- |
| * How to form and maintain friendships
* Importance of family
* different types of families
 | * Dealing with problems in friendships
* Online relationships, including staying safe
* Stereotyping
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Health and wellbeing

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| --- | --- |
| * Mental health and wellbeing
* Healthy eating
* Physical activity
* Dental health
 | * Importance of sleep
* Medicines
* Tobacco and alcohol
* First aid
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Safety and the changing body

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| --- | --- |
| * Online safety
* Safety around adults
* Understanding their body
 | * Physical changes during puberty
* Emotional changes during puberty
* Asking for help when needed
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The lessons will give children the opportunity to increase their knowledge and understanding of the topic. They will also be able to explore their feelings and ideas about topics and listen to the views of other people. The overall aim is for children to be able to make their informed choices and decisions.

We are interested in any feedback, questions or queries you may have regarding the Kapow programme, the government document or anything else by Friday 18th March. Please feel free to email the office at schooloffice@churchdrive.wirral.sch.uk where your comments will be passed on to Mrs Cranny (PSHE Lead) and Mrs J Jones.

Thank you for your continued support with this, Mrs J Jones

e-mail: schooloffice@churchdrive.wirral.sch.uk website: www.churchdriveprimary.co.uk

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