



# Eaton Primary School

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30 November 2020

Dear Parents and Carers

As a part of your child's education at Eaton Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

From September 2020, the Department for Education has made Relationships and Sex Education and Health Education compulsory in all schools. All schools are required to start teaching the new content by at least the start of the summer term 2021.

## What does the new guidance mean?

The new guidance focuses on teaching children about healthy relationships and keeping themselves safe. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships.

Children will learn about the emotional, social and physical aspects of growing up and they will find out information, skills and positive values to have safe, fulfilling relationships which will help them take responsibility for their own wellbeing.

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.

For more detail about the RSHE curriculum offer, please see our **Draft RSHE Policy** by visiting the school's website: Parents/Policies. All teaching in RSHE 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.

## What if I have questions?

To introduce parents to this concept and to ensure everyone is informed, we would like to review the draft policy and the statutory content of the relationships and sex education programme. The draft policy also contains important information for parents who may wish to withdraw their children from these classes. As a school community, we are committed to working with parents.

If you would like to make any comments or provide feedback on this draft policy, please email the school office: [info@eaton.norfolk.sch.uk](mailto:info@eaton.norfolk.sch.uk). Alternatively, please provide your comments in an envelope for the attention of Mr Lowe. The closing date for feedback is Monday 14 December 2020.

Yours faithfully

Allan Lowe  
Headteacher

## Learning Together Through Challenge

Eaton Primary School is part of the Evolution Academy Trust which is an exempt charity and a company limited by guarantee, registered in England and Wales with company number 08158619.

The Registered Office is at Suite 1, Keswick Hall, Norwich. NR4 6TJ

Overview of RSE content:

	Autumn	Spring	Summer
Year R	<p><b>My Feelings</b></p> <p>Identify a range of feelings and these are expressed, including words to describe them and simple strategies for managing feelings</p> <p><b>My Body</b></p> <p>Know the importance of basic and personal hygiene and understand how to maintain basic personal hygiene</p>	<p><b>My Relationships</b></p> <p>Understand that there are similarities and differences between everyone and can celebrate this</p> <p><b>My Beliefs</b></p> <p>Recognise what they dislike, like and feel empowered to make real, informed choices</p>	<p><b>Rights and Responsibilities</b></p> <p>Understand the concept of privacy, including the right to keep things private and the right another person has to privacy</p> <p><b>Asking for Help</b></p> <p>Identify the special people in their lives, what makes them special and how special people care for one another</p>
Year 1	<p><b>My Body</b></p> <p>Correctly name the main parts of the body, including external genitalia using scientific names</p> <p><b>My Feelings</b></p> <p>Communicate about feelings, recognise how others show feelings &amp; know how to respond</p>	<p><b>Asking for Help</b></p> <p>Identify the people who look after them and how to attract their attention if needed</p> <p><b>My Beliefs</b></p> <p>Identify and respect differences and similarities between people, and celebrate this</p> <p><b>My Relationships</b></p> <p>Understand the importance of listening to other people and playing and working cooperatively, including strategies to resolve simple disagreements through negotiation</p>	<p><b>Rights and Responsibilities</b></p> <p>Understand that some diseases are spread, the right to be protected from diseases and the responsibility to protect others</p>
Year 2	<p><b>My Body</b></p> <p>Recognise how they grow and will change as they become older</p> <p><b>My Relationships</b></p> <p>Recognise different types of teasing and bullying and understand these are wrong and unacceptable</p>	<p><b>My Beliefs</b></p> <p>Identify the ways in which people and families are unique, understanding there has never been and will never be another them</p> <p><b>Asking for Help</b></p> <p>Know the difference between secrets and surprises, and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid</p> <p><b>Rights and Responsibilities</b></p> <p>Judge what kind of physical contact is acceptable, comfortable, uncomfortable and how to respond</p>	

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		<p><b>My Feelings</b></p> <p>Recognise and celebrate their strengths and achievements and set simple but challenging goals</p>	
Year 3	<p><b>Asking for Help</b></p> <p>Identify the difference between secrets and surprise, knowing when it is right to break a confidence and share a secret</p> <p><b>My Body</b></p> <p>Know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness</p> <p><b>My Feelings</b></p> <p>Identify their strengths and set aspirational goals for themselves, understanding how this contributes to high self-esteem</p>	<p><b>My Relationships</b></p> <p>Recognise and wide range of relationships, including the attributes of positive, healthy relationships</p> <p><b>My Beliefs</b></p> <p>Challenge gender stereotypes, understanding that there is not one way to be a boy or one way to be a girl</p> <p><b>Rights and Responsibilities</b></p> <p>Understand the right to protect their body from unwanted touch</p>	
Year 4	<p><b>My Body</b></p> <p>Reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty</p> <p><b>My Feelings</b></p> <p>Recognise and respond to a wide range of emotions in themselves and others</p>	<p><b>Rights and Responsibilities</b></p> <p>Know that marriage is a commitment freely entered into by both people and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves</p> <p><b>Asking for Help</b></p> <p>Recognise when they may need help to manage a situation and develop the skills to ask for help</p> <p><b>My Beliefs</b></p> <p>Recognise differences and similarities between people and celebrate a full range of diversity</p> <p><b>My Relationships</b></p> <p>Judge what kind of physical behaviours and contact are acceptable and unacceptable, and know ways to respond</p>	
Year 5	<p><b>Rights &amp; Responsibilities</b></p> <p>Strategies for keeping safe online; knowing personal</p>	<p><b>My Beliefs</b></p> <p>Know the correct terms associated with gender identity</p>	

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	<p>information including images of themselves and others can be shared without their permission</p> <p><b>My Body</b></p> <p>Anticipate how their body may change as they approach and move through puberty</p>	<p>and sexual orientation and the unacceptability of homophobic and transphobic bullying</p> <p><b>My Relationships</b></p> <p>Identify healthy relationships and recognise the skills to manage and maintain healthy relationships</p> <p><b>Asking for Help</b></p> <p>Consider how to manage accidental exposure to explicit images and upsetting online material, including who to talk to about what they have seen</p> <p><b>My Feelings</b></p> <p>Anticipate how their emotions may change as they approach and move through puberty</p>	
Year 6	<p><b>My Body</b></p> <p>Explain what sexual intercourse is and how this leads to reproduction, using the correct terms to describe the male and female sexual organs</p> <p><b>My Feelings</b></p> <p>Recognise how images in the media, including online do not always reflect reality and can affect how people feel about themselves</p> <p><b>Rights &amp; Responsibilities</b></p> <p>Have an awareness that infections can be shared during sexual intercourse and that a condom can help to prevent this</p>	<p><b>My Beliefs</b></p> <p>Know some cultural practices are against British law and universal human rights, including female genital mutilation (FGM)</p> <p><b>My Relationships</b></p> <p>Realise the nature and consequence of discrimination, including the use of prejudice based language</p> <p><b>Asking for Help</b></p> <p>Develop the confidence and skills to know when, who and how to ask for help independently or with support</p>	

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