



St White's Primary School

Challenge, Commit, Conquer and Celebrate



Dear Parents and Carers,

I hope you have had a relaxing Easter Holiday.

I am writing to you to update you on our curriculum for teaching PSHE (Personal, Social and Health Education) and RSE (Relationship and Sex Education) at St White's school.

As a school we believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our PSHE and RSE lessons. This looks at many topics including all kinds of relationships, physical/emotional health and living in the wider world. The aim of the PSHE and RSE lessons is to enable our pupils to make safe and informed decisions, be well-rounded, empathetic young people who have a thirst for learning and respect for all around them.

As a maintained school we have an obligation to teach children from year 1 up about aspects of RSE and we feel it is important that as a school we are clear about what that entails.

The curriculum covers issues such as:

- Recognising feelings and emotions
- Roles of families and friends in caring for each other
- Self-esteem, confidence and valuing ourselves and others
- Differences and similarities between girls and boys and challenging stereotypes
- Making good choices and resisting pressure
- Growing and changing

Throughout the year we cover different aspects of the curriculum and if you wish to understand this more clearly the office have a list of all the lessons to be covered. As far as possible, we try to ensure the topics are woven naturally into other aspects of learning, including computing and science. 'Growing Up' 'Be Yourself' and 'It's My Body' are the school-wide themes which include aspects of RSE as well as broader PSHE.

To embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

As of April this year (2021), new guidance has come into place regarding the teaching of relationships education in schools. Primary aged pupils must be taught Relationship and Health education (we will do this through PSHE lessons) and topics relating to the human body and animal life cycles (including humans) in science. As a school we will be covering these topics in our statutory lessons.

If there is an aspect of the curriculum overview that you would like to know more about, please feel free to contact Mrs Haroun to discuss this. It is important to clarify that withdrawal of your child can be considered only for content that is not part of the statutory science curriculum or statutory relationships curriculum.

If you would like to see a break-down of the lessons to be taught please contact the office and they can provide you with this for the year group your child is in.

Best regards

Mrs Haroun

PSHE and RSE Trio Lead

Sneyd Wood Road, Cinderford,
Gloucestershire, GL14 3GD
Tel: 01594 822311

admin@st-whites.gloucs.sch.uk

<http://www.st-whites.gloucs.sch.uk>

www.facebook.com/stwhitesprimary



We're working
towards Artsmark
Awarded by Arts
Council England



"This is a good
school."
Ofsted 2019