



Bishop Aldhelm's CE Primary School

Loved by God; United in Learning

Headteacher: Scott Tait Deputy Headteacher: Lizzie Sharpe

Wednesday 17th May 2023

Dear Parents & Carers,

Relationship and Health Education learning

As part of our school's Personal, Social and Health Education learning, and in line with the Government's statutory programme, I am writing to inform you that your child will receive relationship and sex education (RSE) lessons during the Summer Term 2nd half.

At Bishop Aldhelm's we follow the Jigsaw PSHE Curriculum for all of our PSHE learning which includes a specific unit entitled 'Changing Me' which addresses the aspects of relationships and body changes.

Sensitivity and respect are shown to all children when teaching about personal relationships, health and education (RHE) and it is taught in a way to ensure that there is no stigmatisation of children based on their home/personal circumstances. If you would like to know any further information about our 'Relationships and Health Education' curriculum then please do access our RHE policy available on our school website:

<https://www.bishopaldhelms.poole.sch.uk/classescurriculum/relationships-and-health-education/>

Each year group will follow a set of lesson plans designed for your child's specific age group. The topics will be delivered week beginning the w/b **26th June-7th July 2023**.

- **EYFS:** Respecting my body. Growing up. Growth and change. Fun and fears. Celebrations.
- **Year 1:** Life cycles – animal and human. Changes in me. Changes since being a baby. Differences between female and male bodies (correct terminology). Linking growing and learning. Coping with change.
- **Year 2:** Life cycles in nature, Growing from young to old, Increasing independence, Differences in female and male bodies (correct terminology), Assertiveness, Preparing for transition.
- **Year 3:** How babies grow. Understanding a baby's needs. Outside body changes. Inside body changes. Family stereotypes. Challenging my ideas. Preparing for transition.
- **Year 4:** Being unique. Having a baby. Girls and puberty. Confidence in change. Accepting change. Preparing for transition. Environmental change.
- **Year 5:** Self and body image. Influence of online and media on body image. Puberty for girls. Puberty for boys. Conception. Growing responsibility. Coping with change. Preparing for transition.
- **Year 6:** Self-image. Body image. Puberty and feelings. Conception to birth. Reflections about change. Physical attraction. Respect and consent. Boyfriends/girlfriends.

If you have any further questions regarding the topics for your child or you would like to look at the materials and lessons that will be taught, please contact your class teacher or ourselves.

Many thanks.

Mrs Walsh and Miss Stickland
PSHE and Safety Curriculum Leaders



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