PSHE Parent Information

The Department for Education announced changes to PSHE (Personal, Social and Health Education), RSE (Relationship and Sex Education) and Health Education, following a nationwide consultation. All schools are required to comply with the changes.

*The Department for Education guidance states: “Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.” (DfE, 2019, Relationships Education, Relationships and Sex Education and Health Education)*

The main change is that PSHE has become a compulsory foundation subject which all schools need to teach.

The scheme we use to support us in the delivering the PSHE curriculum is Jigsaw, which we have been using since September 2020.

Our intent for the PSHE Curriculum is for the children at Leen Mills to:

* Understand and value how they fit into and contribute to the world.
* Develop emotional literacy, build resilience, and nurture their mental and physical health to protect and enhance their wellbeing.
* Are equipped with essential skills for life.
* Develop skills and attitudes through PSHE to see each and everybody’s value in society, from the appreciation of others to promoting strong and positive views of themselves.
* Develop their identity and self-esteem as active, confident members of the community.
* Gain knowledge and understanding of essential safeguarding issues, developing their knowledge of when and how they can ask for help.
* Learn how to stay safe and healthy, build and maintain successful relationships and become active citizens who responsibly participate in the society around them.
* Prepare them for life now and in the future.
* Develop skills and attitudes to promote British Values.
* Develop a positive image of PSHE and the valuable contribution it can make to their education and personal development.

For primary schools, the curriculum content for Relationships Education, Health Education and Sex Education comes under two headings.

Relationships Education: Families and people who care for me, Caring Friendships, Respectful Relationships, Online Relationships, Being safe

Health Education: Mental wellbeing, Internet safety and harms, Physical health and fitness, Healthy Eating, Drugs, alcohol and tobacco, Health and prevention, Basic first aid and the changing adolescent body

The DfE guidance clearly states the statutory requirements, i.e. what children MUST be taught by the end of primary school. Health Education includes learning about ‘the changing adolescent body’ to equip children to understand and cope with puberty.

The Jigsaw PSHE scheme includes lessons on ALL aspects of compulsory Relationships and Health Education, designed in a sensitive age-appropriate curriculum. We believe this work is an important part of safeguarding children, as knowledge empowers them, helping them to stay safe and cope with puberty understanding why their bodies will change. Parents and carers do NOT have the right to withdraw their children from these lessons.

The DfE recommends, ‘that all primary schools should have a Sex Education programme tailored to the age and the physical and emotional maturity of the pupils.’ However, parents and carers DO have the right to request their child is withdrawn from these specific lessons. At Leen Mills, using the Jigsaw scheme, we cover this in the summer term in Years 5 and 6.

Why is this curriculum needed?

There are four main aims for teaching RSE within the context of Primary School PSHE:

• More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content on the internet or social media, can mean children may be exposed to dangerous, confusing or scary content. We can prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.

• There is much independent research showing most parents and carers value the support of schools in providing Relationship and Sex Education for their children. Parents and schools want children to be safe and happy. • A range of independent research consistently shows that effective Relationship Education delays first sexual experience and reduces risk-taking in young people.

• Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship and Sex Education tends to be “too little, too late and too biological”. This is one of the many reasons why the Department for Education is making Relationships and Health Education compulsory in primary schools, with an emphasis on Relationships Education.

As part of our parental engagement process, we invite you to have a look at our draft PSHE policy, whole school curriculum overview for PSHE and in detail the Changing Me puzzle which is taught in the last half term of the summer term. We have identified one lesson in Year 5 and two lessons in Year 6 that parents, should they wish to, have the right to withdraw their child from.

Any request for withdrawal must be made in writing and addressed to your child’s class teacher. This can be done any time before the school finishes for the May half term holiday.