

Mill Hill Primary Academy

Sunnyside Avenue, Tunstall, Stoke-on-Trent
Staffordshire ST6 6ED

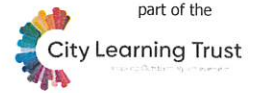
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Principal: Mrs A Mills

MILL HILL PRIMARY ACADEMY



16th December 2021

Dear Parents/Carers,

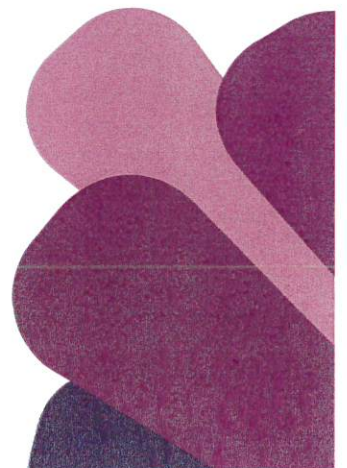
As you may be aware, the Department for Education (DFE) has previously announced that "Relationships and Health Education" (RHE) will be included in a school's curriculum. Schools need to meet these statutory requirements by the Summer 2022. As this is statutory for our curriculum, we will be delivering this, as stipulated from Summer 2022. I have attached some information from the DFE regarding RHE and the topics covered in our PHSE programme for your perusal. These topics are vitally important for your child's health and well-being and please feel assured that they will be covered sensitively.

I appreciate that some of you may have questions about this information and I would urge you to contact your child's class teacher for any further information or, of course Miss Jennings, Mrs Hulme or myself. We are also planning drop in sessions in the Spring term to enable parents/carers to come into the academy to speak with your child's class teacher about the curriculum content for RHE.

Yours sincerely,

A Mills

Mrs Mills
Principal



Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching '**relationships and health education**' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching '**relationships and health education**' on GOV.UK.

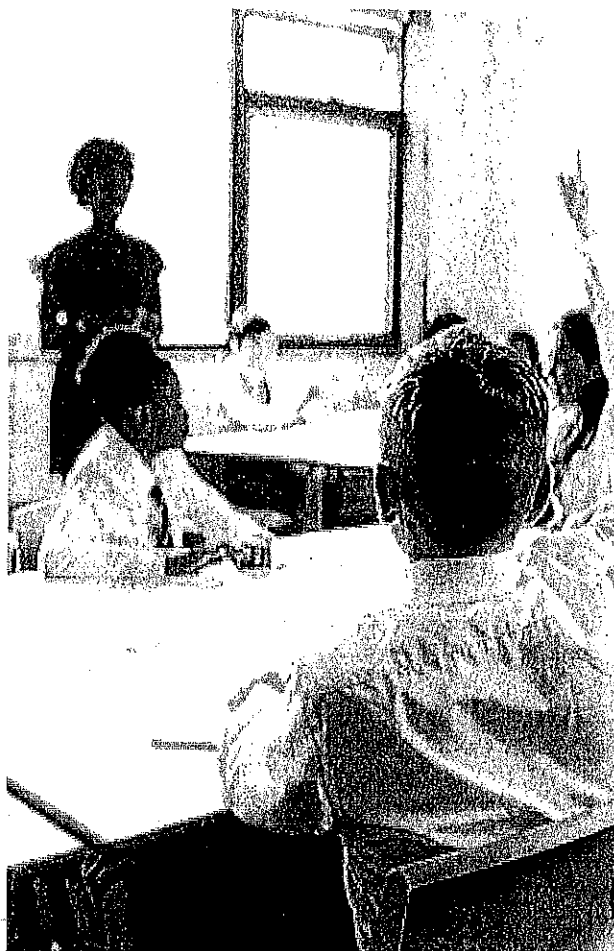
Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



Department
for Education

If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.



Mill Hill
Primary Academy
INSPIRING CREATIVITY AND ACHIEVEMENT

PSHE Overview

Year Group	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS / KS1						
Foundation Stage	<ul style="list-style-type: none"> Self-identity Being in a classroom Rights and responsibilities Understanding feelings 	<ul style="list-style-type: none"> Identifying talents and being special Families and where we live Making friends Standing up for yourself 	<ul style="list-style-type: none"> Challenges, goal setting and achieving goals Perseverance and overcoming obstacles Seeking help Different jobs 	<ul style="list-style-type: none"> Exercising and physical activities Healthy food Sleep Keeping clean Being safe 	<ul style="list-style-type: none"> Family life and relationships Breaking friendships and falling out Dealing with bullying Being a good friend 	<ul style="list-style-type: none"> Respecting myself Growing up and change Fun, fears and celebrations
Y1	<ul style="list-style-type: none"> Feeling special and safe Being part of a class Rights and responsibilities Rewards, consequences and feeling proud. 	<ul style="list-style-type: none"> Celebrating differences How to deal with bullying Making new friends 	<ul style="list-style-type: none"> Setting goals and facing new challenges Identifying success and achievements Working well and celebrating with a partner 	<ul style="list-style-type: none"> Making good choices to keep myself healthy Keeping clean Being safe with household items Road safety Health and happiness 	<ul style="list-style-type: none"> Belonging to a family Being a good friend to myself and others Physical contact People who help us Self-acknowledgement Celebrating relationships 	<ul style="list-style-type: none"> Animal and human lifecycles How I've changed since being a baby Differences between males and females (correct terminology) Growing and learning Coping with change and transition to the year ahead
Y2	<ul style="list-style-type: none"> Hopes and fears for the year Rights, responsibilities, and choices Safe and fair learning environments Recognising feelings 	<ul style="list-style-type: none"> Stereotypes about gender and gender diversity Bullying Making new friends Standing up for yourself and others Celebrating that we are different but can remain as friends 	<ul style="list-style-type: none"> Achieving realistic goals Perseverance Learning with others and group work Learning strengths Contributing to and sharing success. 	<ul style="list-style-type: none"> Motivation Healthy choice Relaxation Healthy eating, nutrition, snacks and sharing food 	<ul style="list-style-type: none"> Family units Contact boundaries Friendship and conflict Secrets Trust and appreciation Appreciation for relationships 	<ul style="list-style-type: none"> Life cycles in nature Growing from young to old Differences between males and females (correct terminology) Assertiveness Preparing for the year ahead and independence
KS2						
Y3	<ul style="list-style-type: none"> Setting goals Self-identity and worth Rules, rights, responsibilities, and choices Seeing things from different perspectives 	<ul style="list-style-type: none"> Families, their differences, and conflict How to solve bullying Understanding words can be hurtful Giving or receiving compliments 	<ul style="list-style-type: none"> New and difficult challenges Dreams and ambitions Motivation and enthusiasm Managing feelings Simple budgeting 	<ul style="list-style-type: none"> Exercise and physical challenges Food labels and healthy swaps Attitudes towards drugs Healthy and safe choices (online and offline) Respecting myself and others 	<ul style="list-style-type: none"> Family roles Friendships and negotiation Keeping safe online Being a global citizen How my choices affect others How children have different lives Appreciation for family and friends 	<ul style="list-style-type: none"> How babies grow and understanding their needs Outside and inside body changes Family stereotypes Challenging my ideas Preparing for the year ahead

Y4	<ul style="list-style-type: none"> Being a school citizen and being part of a class team Rights, responsibilities, democracy and having a voice Rewards and consequences Decision making in a group 	<ul style="list-style-type: none"> Challenging assumptions First impressions and judging appearances Accepting yourself and others Knowing how everyone is special and unique 	<ul style="list-style-type: none"> Hopes and dreams Overcoming disappointment Creating new, realistic dreams and achieving goals Working in a group and celebrating contributions Resilience Positive attitudes 	<ul style="list-style-type: none"> Healthy friendships and group dynamics Smoking and alcohol Assertiveness Peer pressure Celebrating inner strength 	<ul style="list-style-type: none"> Jealousy, love, and loss Memories of loved ones Getting on and falling out Relationships Showing appreciation 	<ul style="list-style-type: none"> Being unique Having a baby Girls and puberty Accepting change Preparing for the year ahead Environmental change
Y5	<ul style="list-style-type: none"> Planning for the year ahead Rights and responsibilities Rewards and consequences Being a citizen, democracy, participating and having a voice. 	<ul style="list-style-type: none"> Cultural differences and conflict Racism Rumours and name calling Types of bullying Material wealth Happiness Respecting each other's cultures 	<ul style="list-style-type: none"> Future dreams The importance of money Jobs / careers and how to get my dream job Goals and motivation in different cultures Supporting others 	<ul style="list-style-type: none"> Smoking and vaping Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour 	<ul style="list-style-type: none"> Self-esteem, self-recognition, and self-worth Safe online communities Rights and responsibilities online Online gaming / gambling Reducing screen time Dangers of online grooming 	<ul style="list-style-type: none"> Self and body image The influence of media on body image Puberty for boys and girls Conception including IVF Coping with change and preparing for responsibility
Y6	<ul style="list-style-type: none"> Planning goals for the year ahead Global citizenship Children's rights Group dynamics, feeling welcome and valued. Choices, consequences, and rewards Anti-social behaviour Role modelling 	<ul style="list-style-type: none"> Perceptions of normality Understanding disability Power struggles Understanding bullying, exclusion, and inclusion Differences and conflict and celebration Showing empathy 	<ul style="list-style-type: none"> Personal goals in and out of school Emotions in success Making a difference Motivation Recognising achievements Compliments 	<ul style="list-style-type: none"> Personal responsibility How substances affect the body Exploitation, county lines and gang culture Emotional and mental health Managing stress 	<ul style="list-style-type: none"> Mental health and identifying worries Love and loss Managing feelings and support Power and control Assertiveness Technology safety and responsibility 	<ul style="list-style-type: none"> Self and body image Puberty and feelings Conception to birth Reflecting about change Relationships Respect and consent Inappropriate communication with others Transition to the year ahead