



# HAYES MEADOW PRIMARY SCHOOL

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'Be the Best We Can Be'

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9<sup>th</sup> June 2020

Dear Parents/Carers,

As part of your child's education at Hayes Meadow 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.

I am writing to let you know that, starting in September 2020, your child's class will be taking part in lessons which will focus on the Relationships and Sex Education (RSE) aspect of this programme.

PSHE lessons in Reception will include pupils learning about:

**Me and My School** – school routines and systems and be able to follow them

**Happy and Healthy Me** – healthy diets, washing and drying hands, using a toothbrush, ways to keep healthy and safe

**Me in the World** – being self-confident and aware ready for transition to year 1, keeping safe out of school

**Me and My Safety** – Ways to keep safe

**Me and My Relationships** – forming positive relationships with adults and other children, identifying sources to help

**Me and Other People** – similarities and differences, likes and dislikes between people, understanding of their own culture and identity

**Online Relationships and Internet Safety and Harms** – how to say 'no' when someone asks me do something that makes me feel sad/embarrassed/upset, how the internet can be used to communicate, how we can put information on the internet, know some of the ways people can be unkind, how to find information, the rules that keep us healthy in and beyond the home when using technology, personal information, who you can trust, how work that you create belongs to you

PSHE lessons in year 1 will include pupils learning about:

**Me and My School** – class rules, listening and responding to others, their role and contribution to school, school council, personal skills, class council

**Happy and Healthy Me** – the correct names for parts of the body, process of growing, healthy lifestyle including physical activity, rest, healthy eating and dental health, their likes and dislikes, consequences their choices can have

**Me in the World** – sharing opinions, explaining their views, needs of living things and of people, social and moral dilemmas, responsibilities and contributions to school

**Me and My Safety** – how = household products including medicines can be harmful if not used properly, rules for and ways of keeping safe, who can help them to stay safe, rules for and ways of keeping safe, including basic road safety

**Me and My Relationships** – how to value themselves, recognising and valuing similarities and differences between people, how all families are different but they are all special, friendships, the difference between good and bad secrets, some choices they can make

**Me and Other People** – belonging to various groups and communities, the different types of teasing and bullying, how bullying is wrong and how to get help to deal with bullying

HEADTEACHER: Mrs Sarah Sivieri

**Online Relationships and Internet Safety and Harms** – how there are people online who may upset others and who to speak to about it, being considerate to others, information can stay online and copied, what you shouldn't put online, how to use the internet to find things, search engines, how to get help from a trusted adult or helpline, rules to keep us safe, personal information, passwords, why work the child creates belongs to them

PSHE lessons in year 2 will include pupils learning about:

**Me and My School** - rules, rules adults follow, contribution to school life, personal skills, class council, recognising, naming and dealing with feelings

**Happy and Healthy Me** -body parts including some sexual parts, personal hygiene, how some diseases are spread, how choices we make affect our health and wellbeing

**Me in the World** – what improves and harms their local, natural and built environments and about some of the ways people look after them

**Me and My Safety** - ways of keeping physically and emotionally safe, a responsibility for keeping themselves and others safe, how they should not keep adult's secrets, the difference between secrets and surprises

**Me and My Relationships** - how to maintain healthy relationships, how relationships change for a variety of reasons

**Me and Other People** –that boys and girls can be different, the range of families in society today and racial diversity in Britain today

**Online Relationships and Internet Safety and Harms** – how other's identities can be different online to in real life, feelings, communicating with others, how information put online will last, bullying, search engines, keeping information private, passwords, why other's work belongs to them

PSHE lessons in year 3 will include pupils learning about:

**Me and My School** – their worth as individuals, how to face new challenges in a positive way, making responsible choices, meet and talk to people, democracy

**Happy and Healthy Me** – opportunities to make their own choices about food, what might influence their choices and the benefits of a balanced diet, how to make informed choices and the concept of a balanced lifestyle, the difference between males and female, the agreed names of body parts including sexual parts

**Me in the World** – the role of money in their own and other's lives, how to manage money and to be a critical consumer, how resources are allocated in different ways and these economic choices affect individuals, communities and sustainability of the environment

**Me and My Safety** – the risk by recognising, predicting and assessing risks in different situations, how to manage risk responsibly, use basic techniques for resisting pressure to do wrong, the concept of keeping something confidential or secret and when we should or should not agree to do this

**Me and My Relationships** – the different sorts of families, decision-making strategies, features of a positive friendship, how to resolve arguments without hurting someone and how to get help if someone is hurt

**Me and Other People** – the range of national, regional, religious and ethnic identities in the United Kingdom, what being part of a community means and about the varied institutions that support communities locally and nationally, respecting equality and being a productive member of a diverse community

**Online Relationships and Internet Safety and Harms** – how you can represent yourself in different ways online, how people with similar interests can get together online, risks when communicating with others they don't know, trusting others online, feelings, how to be careful with sharing information, bullying, rules about how to behave online, using search engines, autocomplete, selling and buying online, difference between 'belief', 'opinions' and 'facts', the effect of too much time online, passwords, how you need permission from others before copying their work

PSHE lessons in year 4 will include pupils learning about:

**Me and My School** – participating in the school's decision-making process, relating it to democratic structures and processes such as council, parliaments, government and voting, the role of local councillors and the local MP

**Happy and Healthy Me** – bacteria and viruses, allergies, how medicines are drugs and the potential dangers of incorrect use, which, why and how commonly available substances and drugs (including tobacco) could danger their health and safety, human life cycle, body changes

**Me in the World** – responsibilities, rights and duties at home, at school, in the community and towards the environment, jobs, development of skills,

**Me and My Safety** – the difference between the terms risk, danger and hazard, school rules about health and safety, other rules that adults follow, the importance of protecting personal information, including passwords, addresses and images, their increasing independence brings increased responsibility to keep themselves and others safe

**Me and My Relationships** – changing emotions as they grow up, strategies to express how they are feeling, how there are ‘safe’ and ‘unsafe’ touches, how people they know could be a potential threat, how loss and change are a natural part of life’s experiences, how behaviour affects others, how we must take responsibility for our actions

**Me and Other People** – appreciating the range of national, regional and religious and ethnic identities in the United Kingdom, respecting equality and being a productive member of a diverse community

**Online Relationships and Internet Safety and Harms** – how my online identity can be different to in ‘real life’, right decisions when interacting with others, respect, how information may be copied or shared, where bullying might take place, ways people could be bullied through media, how it can affect feelings, the difference between ‘opinions’, ‘beliefs’, and ‘facts, how others encourage people to buy things online, how some people the children ‘meet online’ may be computer programmes pretending to be real people, strategies to limit time spent on technology, passwords, who owns the content and whether they have the right to reuse it.

PSHE lessons in year 5 will include pupils learning about:

**Me and My School** – their worth as individuals, seeing their mistakes, making amends and setting personal goals, feeling positively about themselves, participating in the school’s decision-making process

**Happy and Healthy Me** – what makes a healthy lifestyle, what positively and negatively affects their physical, mental and emotional health (including the media), the emotional and physical changes that occur during puberty, why menstruation happens, concerns surrounding menstruation, how to manage menstruation, importance of keeping clean during puberty

**Me in the World** – what democracy is and the basic institutions that support it locally and nationally, why and how rules and laws are made and enforced, why different rules are needed in different situations, how to take part in making and changing rules, looking after money and realise that futures wants and needs may be met through saving

**Me and My Safety** – different risks in different situations, how to behave responsibly, when and how to ask for help and use basic techniques for resisting pressure to do something dangerous, unhealthy, that makes them uncomfortable, anxious or that they believe to be wrong, people who are responsible for helping them stay healthy and safe and ways they can help these people

**Me and My Relationships** –stereotypes, the impact of the media on forming attitudes, the values of friendship and the importance of building good friendships throughout life, their feelings about secrets and friendship in class group; know that some secrets are unhealthy and that it is OK to ask for help, family relationships can sometimes make you feel unhappy or unsafe and what to do, other families might be different to their own but that these are characterised by love and care

**Me and Other People** – spiritual, moral, social, cultural issues, other people’s experiences, appreciating a range of national, regional, religious, ethnic identifies in the UK

**Online Relationships and Internet Safety and Harms** – how identity online can be copied, modified or altered, responsible choices, how some people online may want to do harm and recognising it isn’t their fault, positive contributions, feelings, where to get help, blocking abusive users, reporting bullying, helpline services e.g. Childline, evaluating digital content, mis-information and ds-information, being sceptical, hoaxes, how technology can affect sleep, passwords, seeking permission on apps

PSHE lessons in year 6 will include learning about:

**Me and My School** – their worth as individuals, seeing their mistakes, making amends and setting personal goals, responsibilities, rights and duties at home, in school and in the community and sometimes they conflict with each other

**Happy and Healthy Me** – puberty, the internal organs and their functions, understanding of menstruation and the menstrual cycle, factual information relating to conception, dispelling myths related to how we are created, healthy lifestyles, benefits of exercise, healthy eating, what affects mental health, how to make informed choices

**Me in the World** – the role of voluntary community and pressure groups

**Me and My Safety** – commonly available substances and drugs are legal, how some are restricted and some are illegal, to own, use and supply to others, their effects and risks, pressure to behave in unacceptable or ways can come from a variety of sources, basic emergency aid procedures and where to get help, find information and advice

**Me and My Relationships** – attitudes and beliefs held by some people about the roles played by men and women in society, attitudes and beliefs held by some people about race in society, skills and strategies needed at they approach puberty

**Me and Other People** – the lives of other people living in other places and times, and those with different values and customs, challenge stereotypes, consider social and moral dilemmas that they come across in life

**Online Relationships and Internet Safety and Harms** – how media can shape ideas about gender, issues online and how they make me feel, where to get help, responsibilities of being online, how to report problems, online reputations and others opinions, how to capture bullying content, using search technologies effectively, how results are ranked and selected, evaluating digital content, systems that regulate age-related content, how to limit the impact of technology on health, why people may present ‘opinions’ as ‘facts’, the terms ‘manipulation’, ‘influence’, ‘persuasion’, what to do if a password is lost or stolen, privacy on apps

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school’s website to read our PSHE and RSE policy. All PSHE teaching that takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, then please contact the school.

Yours sincerely,

Miss E Cartwright (Subject Lead for PSHE Education)