



Bowburn Primary School

Crowtrees Lane

Bowburn

Durham

DH65FP

Tel 0191 3770497

www.bowburnprimary.durham.sch.uk

email bowburnprimary@durhamlearning.net

Head Teacher

Mrs J Glass

Deputy Head teacher

Mr P Soler

Dear Parent /Carer,

You will be aware at Bowburn Primary School , we promote personal wellbeing and development. We do this through a comprehensively taught programme of Personal, Social, Health and Economic (PSHE) education that gives the children and young people the knowledge, understanding, attitude and practical skills to live healthy, safe , productive and fulfilled lives , both now and in the future.

From September 2020, the Department for Education made Relationships and Health Education (in Primary) compulsory in all schools. At Bowburn Primary, PSHE education has been taught successfully for many years. Along with other schools, we have gradually been updating our existing policy and practice this year to make it relevant and personal to our pupils in today's modern world. The delivery of the new curriculum content must be in place by the beginning of September 2021.

What does the new guidance mean?

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing and safeguarding. Learning about emotional, social and physical aspects of growing up will give children and young people the information, skills and positive values to have safe, fulfilling relationships, and help take responsibility for their actions and wellbeing. All lessons will be age appropriate and meet the needs of all pupils in the class.

How will this be delivered?

This guidance will form part of our school's PSHE education programme which is taught throughout school in every year group and is monitored and reviewed regularly by the staff and the governing body. We will deliver this new content in a way that is age appropriate and sensitive to the needs and religious background of our children and will meet their needs and that of their community. For more details



about our PSHE offer please visit the school website:

www.bowburnprimary@durham.sch.uk

All teaching of PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and find out more about what affects them personally. Our PSHE curriculum will have covered the following topics by the end of KS2:

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
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention of illness
- Basic first aid
- Changing adolescent body (through the Science curriculum)

Resources:

Some of the resources we use to teach Relationships and Health Education are :

- Age appropriate stories from PSHE themed story bags
- Mental wellbeing sessions with School Counsellors
- Sessions by a trained member of the Operation Encompass team
- Family Health Staff Nurse talks or visits with Year 5 and Year 6
- E-safety materials
- Water safety training from Local Authority
- Road Safety team
- Bikeability course for Y5 / Y6
- Online First Aid courses for Year 5 pupils
...amongst others

Your rights as a parent.



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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.

As a school we are required to consult with you when developing and renewing our policies on relationships education. Please note at this present time, it is in draft form and may be amended as a result of this consultation.

You can express your opinion, and this will help us decide how and when to cover the content of the statutory guidance. Please bear in mind that we are also required to ensure our teaching reflects the age of our children and takes account of the children's religious backgrounds.

Right to withdraw your child.

There is no right to withdraw from relationships education or health education. It is important that all children receive this content, which covers topics such as friendships and how to stay safe. There will also be content from the statutory science curriculum. This means that pupils cannot be withdrawn from lessons on puberty.

As a school community, we are committed to working with parents. If you would like to find out more about what your child will learn, view the materials and resources that will be used in lessons, and discover how you can best support your child to discuss these topics at home, please contact the school office on 0191 3770497 or email bowburnprimary@durhamlearning.net

The Relationship Education guidance can be found at:

<http://www.gov.uk/government/publications/relationships-education-and-sex-education-rse-and-health-education/relationships-education-primary>

Yours sincerely,

Mrs J Glass

Head teacher



