

Year 4 PSHE and Relationships Programme

Dear Parent/Carer,

As part of your child's educational experience at Stanley, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health, Citizenship and Economic (PSHE) education. We believe that promoting the health and well-being of our pupils is an important part of their overall education. Our PSHE curriculum looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

From Summer, the Department for Education is making Relationships and Health Education compulsory in all primary schools.

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 will cover how to treat each other with kindness, consideration and respect. 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.

Through discussion and simple activities, before your child leaves Year 4, will be learning about:

- **Appropriate Touch (please see below for clarification on this unit)**
- **Jealousy**
- **Chores at Home**
- **Breaking Down Barriers**

To ensure your child gets the very best teaching in these areas, we have chosen to use an award-winning resource called 1decision. The scheme is part of Headway Education and has been kitemarked by the PSHE association – the effective governing body for the subject in the UK – as being a quality assured product. You may like to find out more about them by visiting their website: www.1decision.co.uk

Appropriate Touch

Just for your clarification, please find below examples of the situations which will be debated in class to determine their appropriateness:

- A family member gave Laura a kiss on the cheek.
- Jack punched his classmate because he broke a pencil.
- Chloe gave her friend a hug because she was upset.
- A child feels uncomfortable about his sports coach 'touching him in the places he doesn't like' (please note, no specific body parts are mentioned). A video will be shown regarding this situation, focussing on the confused emotions of the child and discussions will focus on what he should do).

We recognise that parents play a vital part in their child's Relationships and Health education, and we would encourage you to explore these themes with your child at home as well. If further advice or support is required please do not hesitate to contact us.

Yours sincerely,

The Stanley PSHE Team

Mrs G. Eaves, Mrs S. Meek and Mrs S. Poole