

**Year 5 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 5, they will be learning about:**

- **Peer Pressure**
- **Smoking**
- **Puberty (please see below for more details)**
- **Image Sharing**

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](http://www.1decision.co.uk)

**Puberty**

Puberty is a statutory element of the National Curriculum. 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. With this in mind, we thought it may be useful for you to be aware of exactly what the children will be taught in school (and specifically the vocabulary that they will be introduced to) therefore, when restrictions allow, we will offer you the opportunity to come into school to first view the video that we will be sharing with the children. We will inform you of this as soon as we can. All activities and discussions will be centred around the content of the video.

We anticipate that the children will ask questions around the topic and we will endeavour to answer them honestly, factually and in the context of safe, supportive, loving, and caring relationships. However, if we feel that the question is pushing the boundaries of what we deem to be appropriate for whole class Y6 discussions, we will instead suggest that they speak to you at home about it. Please note - although this area is statutory, we understand that some parents may feel that their child is not emotionally ready for this. If that is the case, please do not hesitate to contact us.

Yours Sincerely,

**The Stanley PSHE Team**

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