



BROOKSIDE PRIMARY SCHOOL

Rostherne Avenue, Great Sutton, Cheshire, CH66 2EE

Tel: 0151 558 1123

Website: <https://www.brookside.cheshire.sch.uk>

Headteacher – Mr D Orme, Deputy Headteacher – Mrs J Smith

January 2023

Dear Parents/Guardian,

As part of the school's Personal, Social and Health Education (PSHE), all children in year 1 to Year 6 will be participating in Sex and Relationships Education as well as Drugs and Alcohol Education.

The school follows 'Kapow', which covers these topics in an age-appropriate, structured manner. All teachers have been trained in delivering the programme confidently and are able to tackle any issues that may arise.

Attached to this letter is the curriculum overview for each of the classes. If you require any further information, please make an appointment to see your child's class teacher.

Yours sincerely,

Mr D Orme
Headteacher.



Year 1

Unit outcomes	Knowledge	Skills
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> Know a number of adults in school. Know that they should speak to an adult if they are ever worried or feel uncomfortable about another adult. Understand ways to keep safe and not get lost and know the steps to take if they do get lost. Know the number for the emergency services and their own address. Understand that some types of physical contact are never acceptable. Know what can go into or onto the body and when they should check with an adult. Understand that there are hazards in houses and know how to avoid them. Understand and name jobs that people do to help keep us safe 	<ul style="list-style-type: none"> To know that some types of physical contact are never appropriate. To know what to do if I get lost. To know that a hazard is something which could cause an accident or injury. To know that some things are unsafe to put onto or into my body and to ask an adult if I am not sure. To know that an emergency is a situation where someone is badly hurt, very ill or a serious accident has happened. To know that emergency services are the police, fire service and the ambulance service. 	<ul style="list-style-type: none"> Practising what to do if I get lost. Identifying hazards that may be found at home. Understanding people's roles within the local community that help keep us safe. Learning what is and is not safe to put in or on our bodies. Practising making an emergency phone call.

Year 2		
Unit outcomes	Knowledge	Skills
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> Understand how the internet can be used to help us. Understand what a secret is and what a surprise is. Know the name of parts of the body, including those of the private parts for their gender. Understand how to keep safe near roads. Explain the rules for crossing the road. Understand when we should take medicines that can help us feel better when we are unwell. 	<ul style="list-style-type: none"> To know that I should tell an adult if I see something that makes me uncomfortable online. To understand the difference between secrets and surprises. To know the rules for crossing the road safely. To know that medicine can help us when we are ill. To understand that we should only take medicines when a trusted adult says we can. To know the names of parts of my body, including private parts. 	<ul style="list-style-type: none"> Discussing the concept of privacy. Exploring ways to stay safe online. Learning how to behave safely near the road and when crossing the road. Exploring what people can do to feel better when they are ill. Learning how to be safe around medicines.

Year 3

Unit outcomes	Knowledge	Skills
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> • Show an understanding that they must consider their own safety before helping others in an emergency situation. • Understand how to help someone who has been bitten or stung. • Be able to use positive using positive language when writing to others. • To know how to deal with unkind online behaviour and cyber bullying. • Describes some of the best ways to avoid being tricked by fake emails. 	<ul style="list-style-type: none"> • To understand that cyberbullying is bullying which takes place online. • To know the signs that an email might be fake. • To know the rules for being safe near roads. 	<ul style="list-style-type: none"> • Exploring ways to respond to cyberbullying or unkind behaviour online. • Developing skills as a responsible digital citizen. • Identifying unsafe things people might do near roads unsafe. • Beginning to recognise unsafe digital content.



Year 4

Unit outcomes	Knowledge	Skills
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> Understand the reasons for legal age restrictions. Understand how quickly information can spread on the internet and some of the risks associated with that. Assess and give first aid to a casualty who is having difficulty breathing due to an asthma attack. Understand the difference between private and public, and secrets and surprises. Understand how search engines work and whether information is useful. Understand the changes they have already gone through and aware of some changes to come. Understand that they will change physically as they develop into adults. Understand some of the risks of smoking and some of the benefits of being a non-smoker. 	<ul style="list-style-type: none"> To understand that there are risks to sharing things online. To know the difference between private and public. To understand the risks associated with smoking tobacco. To understand the physical changes to both male and female bodies as people grow from children to adults. To know that asthma is a condition that causes the airways to narrow. 	<ul style="list-style-type: none"> Discussing how to seek help if I need to. Exploring what to do if an adult makes me feel uncomfortable. Learning about the benefits and risks of sharing information online. Discussing the benefits of being a non-smoker. Discussing some physical and emotional changes during puberty. Learning how to help someone who is having an asthma attack.

Year 5

Unit outcomes	Knowledge	Skills
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> Understand what is safe to share online and what to do before sending a message. Identify possible dangers online, suggesting ways to stay safe, using the web to research relevant information. Accurately name all the relevant parts of the body. Understand the changes their own gender will go through during puberty. List the range of changes they will go through during puberty. Assess a casualty's condition; calmly, comfort and reassure a casualty who is bleeding; and seek medical help if required. Understand that other people can influence our decisions but we have the right to make our own choices. 	<ul style="list-style-type: none"> To know the steps to take before sending a message online (using the THINK mnemonic). To know some of the possible risks online. To know some strategies I can use to overcome pressure from others and make my own decisions. To understand the process of the menstrual cycle. To know the names of the external sexual parts of the body and the internal reproductive organs. To know that puberty happens at different ages for different people. To know how to assess a casualty's condition. 	<ul style="list-style-type: none"> Developing an understanding of how to ensure relationships online are safe. Learning to make 'for' and 'against' arguments to help with decision making. Learning about the emotional changes during puberty. Identifying reliable sources of help with puberty. Learning about how to help someone who is bleeding.



BROOKSIDE PRIMARY SCHOOL

Rostherne Avenue, Great Sutton, Cheshire, CH66 2EE

Tel: 0151 558 1123

Website: <https://www.brookside.cheshire.sch.uk>

Headteacher – Mr D Orme, Deputy Headteacher – Mrs J Smith

January 2023

Dear Parents/Guardian,

As part of the school's Personal, Social and Health Education (PSHE), all children in Year 6 will be participating in Sex and Relationships Education as well as Drugs and Alcohol Education.

The school follows 'Kapow', which covers these topics in an age-appropriate, structured manner. All teachers have been trained in delivering the programme confidently and are able to tackle any issues that may arise.

In line with legislation, parents have the right to withdraw children from the sex education lessons in year 6. These lessons are highlighted in green on the table attached. We would welcome the opportunity to talk you through the content of these lessons. If you would like to exercise the right to excuse your child from these lessons, please contact the Head teacher, Mr Orme. Pupils who are excused from lessons will be given meaningful work to do during this time.

Attached to this letter is the curriculum overview for year 6. If you require any further information please make an appointment to see your child's class teacher.

Yours sincerely,
Mr D Orme
Headteacher



Year 6		
Unit outcomes	Knowledge	Skills
<p>Pupils who are secure will be able to:</p> <ul style="list-style-type: none"> Understand some of the reasons adults decide to drink or not drink alcohol. Understand some ways to check that a news story is real. Understand how they should behave online and the impact negativity can have. Understand of changes that take place during puberty. Understand the menstrual cycle and that a male and a female are needed to conceive a baby. Understand that a baby changes in the womb and some of the baby's requirements during the first months of life. Recognise when someone is choking; administer first aid to a casualty that is choking; and seek medical help if required for a choking casualty. Conduct a primary survey; place a casualty who is unresponsive and breathing normally into the recovery position; and identify when it is necessary for CPR to be given. 	<ul style="list-style-type: none"> To understand that online relationships should be treated in the same way as face to face relationships. To know where to get help with online problems. To understand the risks associated with drinking alcohol. To understand how a baby is conceived and develops. 	<ul style="list-style-type: none"> Developing an understanding about the reliability of online information. Exploring online relationships including dealing with problems. Discussing the reasons why adults may or may not drink alcohol. Discussing problems which might be encountered during puberty and using knowledge to help. Learning how to help someone who is choking. Placing an unresponsive patient into the recovery position.

Hi,



