



Dear Parents and Carers,

The Department for Education has announced changes to relationships, sex and health education (RSHE).

These changes will come into effect from June 2021 and all schools will be required to comply with the updated requirements.

This means that we'll be reviewing our RSHE curriculum and policy so we can be sure our RSHE provision is appropriate for our pupils based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and/or disabilities

We need your feedback to help us do this.

**Here's how you can help:**

We're running a focus group on **Friday 18<sup>th</sup> June between 10:30 and 11:30am**. This will be carried out remotely by 'Zoom'. As a focus group we need to maintain numbers which are ideal for discussion and exchange of ideas. We will therefore aim for a maximum group size of 20 participants. If you'd like to participate, please email at [frontdesk@crowland.haringey.sch.uk](mailto:frontdesk@crowland.haringey.sch.uk) or call the school office on 0208 800 4584 before **Wednesday 15<sup>th</sup> June**.

To help you understand the curriculum requirements that we need to meet, please do take a look at the enclosed summary of what all pupils are expected to know by the end of primary school. If you're joining the focus group meeting, please read this before the meeting.

Thank you for your time.

Yours sincerely,

A handwritten signature in black ink, appearing to read 'Mrs Stavrinou', with a flourish at the end.

Mrs Stavrinou  
Headteacher

## Appendix 1: Curriculum map

### Reception

Being Me	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
<p><b>Who...Me?</b> Understanding how it feels to belong and that we are all different.</p> <p><b>How am I feeling today?</b> Recognising our feelings.</p> <p><b>Being at School</b> Being part of a community.</p> <p><b>Gentle hands</b> Understanding how to be kind.</p> <p><b>Our Rights</b> Understanding children's right to learn and play.</p> <p><b>Our responsibilities</b></p>	<p><b>What am I good at?</b> Understanding that we are all good at different things.</p> <p><b>I'm Special, I'm Me!</b> Being different makes us special.</p> <p><b>Families</b> Knowing that we are all different but the same in some ways.</p> <p><b>Houses and Homes</b></p> <p><b>Making friends</b></p> <p><b>Standing up for Yourself!</b> Knowing what to do if someone is unkind.</p>	<p><b>Challenges</b> How to face a challenge.</p> <p><b>Never Giving Up</b> How to be resilient.</p> <p><b>Setting a Goal</b></p> <p><b>Obstacles and Support</b> How to encourage and help people.</p> <p><b>Flight to the Future</b> Future jobs.</p> <p><b>Footprint Awards</b> How it feels to achieve a goal.</p>	<p><b>Everybody's Body</b> How to keep fit.</p> <p><b>We like to move it, move it!</b> How to move and rest.</p> <p><b>Food Glorious Food</b> Healthy eating.</p> <p><b>Sweet Dreams</b> Understanding the importance of sleep.</p> <p><b>Keeping Clean</b> How to wash hands and keep keep.</p> <p><b>Stranger Danger</b> How to keep safe.</p>	<p><b>My Family and Me!</b> How I belong.</p> <p><b>Make Friends, never break up! (2 lessons)</b> How to make and keep friends. Solving conflicts.</p> <p><b>Falling Out and Bullying (2 lessons)</b> Understanding the impact of kind words. How to manage feelings.</p> <p><b>Being the best friends we can be.</b></p>	<p><b>My Body</b> Naming parts of the body.</p> <p><b>Respecting My Body</b> Healthy foods.</p> <p><b>Growing Up</b> Understanding that we all grow into adults.</p> <p><b>Fun and Fears</b> Transition into Year 1.</p>

## Years 1 to 6

Topic	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Being Me in My World</b>	<p><b>Special and Safe</b> (feeling safe in class).</p> <p><b>My Class</b> (rights and responsibilities of being in a class).</p> <p><b>Rewards and Feeling Proud</b> (achievements).</p> <p>Consequences (understanding how to make the right choices).</p> <p><b>Owning our Learning Charter</b> (understanding rights and responsibilities).</p>	<p><b>Hopes and Fears for the Year.</b></p> <p><b>Rights and Responsibilities</b> (as a member of a class and the school).</p> <p><b>Rewards and Consequences</b> (helping to make the class a fair and safe place).</p> <p><b>Our Learning Charter</b> (understanding how following the charter will help everyone to learn).</p> <p><b>Owning our Learning Charter</b> (understanding choices and consequences).</p>	<p><b>Getting to Know Each Other</b> (recognising self-worth and achievements).</p> <p><b>Our Nightmare School</b> (recognising how it feels to be happy, sad or scared).</p> <p><b>Our Dream School</b> (knowing how to make people feel valued).</p> <p><b>Rewards and Consequences</b> (understanding that actions can affect other people).</p> <p><b>Our Learning Charter</b> (making responsible choices).</p> <p><b>Owning our Learning Charter</b> (seeing things from other people's points of view).</p>	<p><b>Becoming a Class Team</b> (looking at attitudes and actions).</p> <p><b>Being a School Citizen</b> (roles within the school).</p> <p><b>Rights, Responsibilities and Democracy</b> (how democracy works).</p> <p><b>Rewards and Consequences</b> (how actions can affect others).</p> <p><b>Our Learning Charter</b> (how groups come together to make decisions).</p> <p><b>Owning our Learning Charter</b> (understanding people's points of view).</p>	<p><b>My Year Ahead</b> (setting goals).</p> <p><b>Being a Citizen of My Country</b> (understanding rights and responsibilities).</p> <p><b>Year 5 Responsibilities</b> (understanding what it is to be a member of a school).</p> <p><b>Rewards and Consequences.</b></p> <p><b>Our Learning Charter</b></p> <p><b>Owning our Learning Charter</b> (democracy and pupil voice).</p>	<p><b>Being a Global Citizen 1</b> (children's rights).</p> <p><b>Being a Global Citizen 2</b> (how people's actions can affect others locally and globally).</p> <p><b>The Learning Charter</b> (making behaviour choices, understanding rewards and consequences).</p> <p><b>Our Learning Charter</b> (understanding how an individual's behaviour can impact on a group).</p> <p><b>Owning our Learning Charter</b> (democracy and pupil voice).</p>
<b>Celebrating Difference</b>	<p><b>The Same As...</b>(recognising similarities between people in the class)</p> <p><b>Different From...</b> (identifying differences within the class)</p> <p><b>What is Bullying?</b></p> <p><b>What do I do About Bullying?</b></p> <p><b>Making New Friends.</b></p> <p><b>Celebrating Me.</b></p>	<p><b>Boys and Girls/Girls and Boys</b> (starting to understand stereotypes).</p> <p><b>Why does Bullying Happen?</b> (Understanding that it is often about difference)</p> <p><b>Standing up for Myself and Others</b> (knowing what is the right and wrong way to treat others).</p> <p><b>Gender Diversity</b> (understanding that it's okay to be different from other people)</p> <p><b>Celebrating Difference and Still Being Friends</b></p> <p>(understanding that it is important to be friends with people even if they are different from us).</p>	<p><b>Families</b> (understanding that everybody's family is different and important to them).</p> <p><b>Family Conflict</b></p> <p>Witness and feelings and solutions (bullying).</p> <p><b>Words that Harm</b> (recognising that words can hurt people).</p> <p><b>Celebrating Difference: Complements</b> (being kind to others whatever their difference).</p>	<p><b>Judging by Appearances</b> (understanding that we make assumptions based on people's appearances).</p> <p><b>Understanding Influences</b> (what can affect the way we judge people).</p> <p><b>Understanding Bullying</b></p> <p><b>Problem Solving</b> (how to help with bullying).</p> <p><b>Special Me</b> (identifying what makes us unique).</p> <p><b>Celebrating Difference: How We Look</b> (looking at first impressions and how they affect our judgements of people).</p>	<p><b>Different Cultures</b> (understanding that cultural differences can sometimes cause conflict).</p> <p><b>Racism.</b></p> <p><b>Rumours and Name Calling</b></p> <p><b>Types of bullying</b> (understanding the difference between direct and indirect bullying).</p> <p><b>Does Money Matter?</b> (Looking at the developing world).</p> <p><b>Celebrating Difference Across the World</b> (looking at different cultures).</p>	<p><b>Am I Normal?</b> (Looking at different perceptions of normality).</p> <p><b>Understanding Difference</b> (how being different can affect a person's life).</p> <p>Power struggles (looking at ways a person or group can have power over another).</p> <p><b>Why Bully?</b> (Looking at reasons behind bullying).</p> <p><b>Celebrating Difference</b> (looking at disabilities)</p>

<p><b>Healthy Me</b></p>	<p><b>Being Healthy</b></p> <p><b>Healthy Choices</b> (lifestyle choices).</p> <p><b>Clean and Healthy.</b></p> <p><b>Medicine Safety</b> (understanding that medicines can help if we are unwell and how to use them safely).</p> <p><b>Road Safety.</b></p> <p><b>Happy, Healthy Me.</b></p>	<p><b>Being Healthy</b> (knowing what is needed to keep the body healthy).</p> <p><b>Being Relaxed</b> (understanding what makes us stressed and what makes us relaxed).</p> <p><b>Medicine Safety.</b></p> <p><b>Healthy Eating.</b></p> <p><b>Happy Healthy Me.</b></p>	<p><b>Being Fit and Healthy</b> (exercise and the importance of a healthy heart and lungs).</p> <p><b>What Do I Know About Drugs?</b> (looking at knowledge and attitude towards drugs).</p> <p><b>Being Safe</b> (looking at things people and places to keep safe from and what to do if we don't feel safe).</p> <p><b>Safe or Unsafe</b> (identifying when something feels safe or unsafe).</p> <p><b>My Amazing Body</b> (understanding how to take care of our body).</p>	<p><b>My Friends and Me</b> (recognising how friendship groups are formed).</p> <p><b>Group Dynamics</b> (different roles within a friendship group).</p> <p><b>Smoking</b> (the facts and the effect on health, also why some people start to smoke).</p> <p><b>Alcohol</b> (the effects on health and reasons why people drink).</p> <p><b>Healthy Friendships</b> (recognising when people are putting us under pressure and how to resist this).</p> <p><b>Celebrating My Inner Strength and Assertiveness</b> (looking at what is right and wrong).</p>	<p><b>Smoking</b> (the health risks on the lungs, liver and heart).</p> <p><b>Alcohol</b> (the risks of misuse).</p> <p><b>Emergency Aid</b> (basic first aid).</p> <p><b>Body Image</b> (understanding how the media and social media can promote certain body types).</p> <p><b>My Relationship with Food</b> (looking at eating disorders relating to body image).</p> <p><b>Healthy Me</b> (making healthy lifestyle choices).</p>	<p><b>Taking responsibility for my health and well-being.</b></p> <p><b>Drugs</b> (the dangers of drugs and their effects on the liver and heart).</p> <p><b>Exploitation</b> (looking at how people can be exploited and made to do illegal things).</p> <p><b>Gangs</b> (why people join them and the risks attached to them).</p> <p><b>Emotional and Mental Health</b> (exploring attitudes to mental health).</p> <p>Managing Stress and Pressure (looking at triggers, understanding how stress can cause drug and alcohol misuse).</p>
<p><b>Relationships</b></p>	<p><b>Families</b> (understanding that there are different types of families).</p> <p><b>Making Friends.</b></p> <p><b>Greetings</b> (knowing appropriate ways of physical contact).</p> <p><b>People who Help us in School.</b></p> <p><b>Being My Own Best Friend</b> (recognising my special qualities)</p> <p><b>Celebrating my Special Relationships.</b></p>	<p><b>Families</b> (understanding the different members and roles of my family)</p> <p><b>Keeping Safe</b> (understanding acceptable and unacceptable forms of physical contact within a family).</p> <p><b>Friends and Conflict.</b></p> <p><b>Secrets</b> (understanding that not all secrets are good to keep).</p> <p><b>Celebrating my Special Relationships</b> (giving and accepting appreciation).</p>	<p><b>Family Roles and Responsibilities</b> (challenging stereotypes).</p> <p><b>Friendships</b> (how to be a good friend).</p> <p><b>Keeping Safe Online</b> (learning strategies for keeping safe).</p> <p><b>Celebrating my web of Relationships</b> (showing appreciation).</p>	<p><b>Jealousy</b> (situations that can cause this in relationships).</p> <p><b>Love and Loss</b> (talking about people we no longer see).</p> <p><b>Getting On and Falling Out</b> (how to manage arguments and making new friends).</p> <p><b>Girlfriends and Boyfriends</b> (understanding that these are special relationships which they may have in the future).</p> <p><b>Celebrating my relationships</b> (showing appreciation).</p>	<p><b>Recognising Me</b> (having an accurate self-image)</p> <p><b>Safety with Online Communities</b> (positive and negative consequences)</p> <p><b>Being in an Online Community.</b></p> <p><b>Online gaming</b> (rights and responsibilities when playing online).</p> <p><b>My Relationship With Technology</b> (screen time)</p> <p><b>Relationship and technology</b> (how to stay safe online).</p>	<p><b>What is Mental Health?</b></p> <p><b>My Mental Health</b> (how to take care of it).</p> <p><b>Love and Loss</b> (the different stages of grief and different types of loss).</p> <p><b>Power and Control</b> (recognising when others are trying to gain power or control).</p> <p><b>Being Safe Online – Real or Fake</b></p> <p><b>Safe or Unsafe?</b></p> <p>(how to judge when something is safe and helpful online).</p> <p><b>Using Technology Responsibly</b> (how to communicate safely with friends and family).</p>

<b>Changing Me</b>	<p><b>Life Cycles</b> (of animals and humans)</p> <p><b>Changing me</b> (things that have changed and things that have stayed the same).</p> <p><b>Boy's and Girl's bodies</b> (correct names for body parts and knowing that these parts are private).</p> <p><b>Learning and Growing</b> (understanding how we change as we learn).</p> <p><b>Coping with changes</b> (talking about changes that have happened in their life).</p>	<p><b>The Changing Me</b> (how my body has changed since I was a baby).</p> <p><b>Boys and Girl's Bodies</b> (correct names for body parts and knowing that these parts are private).</p> <p><b>Assertiveness</b> (different types of touch and knowing how to stay safe).</p> <p><b>Looking ahead</b> (transition to new school year).</p>	<p><b>How Babies Grow</b> (that the baby grows in the mother's uterus and what it needs to grow)</p> <p><b>Outside Body Changes</b> (that they needs to change so that when they grow up their bodies can make babies)</p> <p><b>Inside Body Changes</b> (understanding that our bodies change on the inside so that babies can be made when we grow up).</p> <p><b>Family Stereotypes</b> (challenging stereotypes of family roles).</p> <p><b>Looking ahead.</b></p>	<p><b>Unique Me</b> (that I have characteristics from both parents because I am made from the joining of their egg and sperm).</p> <p><b>Girls and Puberty</b> (understanding periods).</p> <p><b>Circles of change.</b></p> <p><b>Accepting Change</b> (accepting changes outside my control)</p>	<p><b>Self and Body Image.</b></p> <p><b>Puberty for Girls and Boys</b> (how the body changes and the importance of looking after ourselves during this time)</p> <p><b>Looking Ahead</b> (becoming a teenager).</p>	<p><b>My Self-Image</b> (how body fits into this).</p> <p><b>Puberty</b> (how bodies change and how to look after ourselves).</p> <p><b>Babies: Birth</b> (how babies develop over nine months and how they are born).</p> <p><b>Boyfriends and Girlfriends</b> (how I may feel physically attracted to someone)</p> <p><b>Real self and ideal self</b> (positive self-esteem)</p> <p><b>Secondary school.</b></p>