



FAIRFIELD PRIMARY SCHOOL

Gallowbarrow
Cockermouth
Cumbria
CA13 0DX

Head teacher: Mr C Steele
Telephone: 01900 821133
Fax: 01900 821132
E-mail: head@fairfieldprimary.co.uk
Web: www.fairfieldprimary.co.uk

Dear Parents/ Guardians,

Personal, Social, Health Education, which includes Relationships

At Fairfield Primary School, we use the Discovery Education Health and Relationship Programme as our scheme of work to teach PSHE (Personal, Social and Health Education).

In Year 1, pupils cover the following content across the year:

Families and Close Relationships	What a family is (including difference and diversity between families) and why families are important and special.
Friendships	Forming friendships and how kind or unkind behaviours impact other people.
Safe Relationships	Our bodies and the amazing things they can do. Learning the correct names for different body parts.
Respecting Ourselves and Others	Similarities and differences between people and how to respect and celebrate these.
Belonging to a Community	Identifying who our special people are and how they keep us safe.
Media, Literacy and Digital Resilience	Using the internet and digital devices; communicating online
Money and Work	Strengths and interests; jobs in the community.
Physical and Mental Wellbeing	Keeping healthy; food and exercise; hygiene routines; sun safety.
Growing and Changing	Growing from young to old and how we have changed since we were born.
Keeping and Safe	How rules and age restrictions help us stay safe; keeping safe online.



Health Relationship and Sex Education

In Key Stage 1, we introduce scientific terminology for body parts, including genitalia, partly for safeguarding reasons and partly to lay the foundations for learning about puberty later on. The purpose of this letter is to inform you of the statutory requirements placed on schools, and what we plan to teach for this topic in PSHE this term. The government statutory guidance gives parents the right to request to withdraw their child from Sex Education, and this letter explains more about what Sex Education is, and how you can find out more about this if you wish to.

Relationship, Health and Sex Education is statutory in all primary schools, and it is recommended that all primary schools have a Sex Education programme that is tailored to the age of the pupils. In Early Years and Key Stage 1, the focus is on life cycles; valuing our own bodies and learning some vocabulary for the external body parts, that we might use if we needed to talk to an adult such as a nurse or a doctor.

In line with our RSHE policy, teachers will answer any questions from pupils in an age-appropriate and factual way, without personal bias or judgement. Questions will be answered in one of the following ways: by providing an answer to the whole class; by giving an individual answer to a pupil, or, on rare occasions, by contacting parents if we feel the question would be better handled in the home setting. Any questions that give rise to concerns of a safeguarding nature will be handled in line with our published safeguarding policy <https://fairfieldprimary.co.uk/policies>.

Please refer to our PSHE/RSE policy on our website for further information <https://fairfieldprimary.co.uk/policies>.

We welcome you contacting us if you have any questions or comments about the school's approach to this important, statutory area of learning. If you would like to see any of the content of the programme in more detail, please contact Mrs. Pammenton (PSHE lead).

Yours sincerely

Mrs. Pammenton
PSHE Lead

