



## FAIRFIELD PRIMARY SCHOOL

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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 4, pupils cover the following content across the year:

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| Families and Close Relationships       | The range of relationships we experience in our everyday lives; how to understand the differences between types of relationships we encounter. |
| Friendships                            | Solving friendship difficulties; how to act if someone invades your privacy or personal boundaries.  |
| Safe Relationships                     | Responding to hurtful behaviour; managing confidentiality; recognising risks online.   |
| Respecting Ourselves and Others        | Identity and diversity; seeing different perspectives and not making judgements based on appearance.   |
| Belonging to a Community               | Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.                         |
| Media, Literacy and Digital Resilience | How data is shared and used.   |
| Money and Work                         | Making decisions about money; using and keeping money safe.  |
| Physical and Mental Wellbeing          | Influences on our health and wellbeing, including friends, family and media; awareness of how these can affect personal health choices.        |
| Growing and Changing                   | How our bodies change as we enter puberty, including hygiene needs and menstruation.   |



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| Keeping and Safe | Medicines and household products; drugs common to everyday life. |
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### **Health Relationship and Sex Education**

In Key Stage 2, we look at body changes and feelings during puberty; menstruation and human reproduction; sexual intercourse; forced marriage and female genital mutilation (FGM). 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, we learn some of the 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 Key Stage 2, we build on the themes covered in previous years, looking more closely at body changes as they approach and move through puberty.

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





Fairfield Primary is part of the Learning for Life Trust Company Number 09690231