



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 5, pupils cover the following content across the year:

Families and Close Relationships	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.
Friendships	Identity peer pressure on and off line; positive emotional health and wellbeing.
Safe Relationships	Physical contact and feeling safe.
Respecting Ourselves and Others	Ways to manage the increasing responsibilities and emotional effects of life changes.
Belonging to a Community	Care in the community.
Media, Literacy and Digital Resilience	How information online is targeted; different media types and their role and impact.
Money and Work	Identifying job interests and aspirations; what influences career choices; workplace stereotypes.
Physical and Mental Wellbeing	Our unique bodies and self-acceptance; valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and its effects on wellbeing.
Growing and Changing	How puberty changes can affect our emotions and ways to manage this; questions about puberty and change.
Keeping and Safe	Keeping safe in different situations, including responding in emergencies, first aid and FGM



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

