

# PSHE Update



April 2024

Dear Parents,

As a part of your child's education at Oakfield Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, this term, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. We know that it is beneficial to have notice of this to support any conversations your child may want to continue about their learning with you at home.

Lessons in Years 5 and 6 will include pupils learning about: Healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly.

Please visit the school's website <https://www.oakfieldacademy.co.uk/academy/curriculum/pshe> for more detail about our PSHE curriculum and our Relationships and Sex Education Policy. All PSHE teaching takes place in a safe learning environment and is underpinned by our academy ethos and values.

As a school community, we are committed to working in partnership with parents. We are sharing our training resources on our school website here. The aim of these resources are to explain what will be covered and discover how you can best support your child to discuss these topics at home. If you would like to find out more, view some of our lesson material or discuss any concerns, please contact us.

Yours sincerely,

**Mr Reynolds**  
**Head of Humanities & PSHE**

**Mrs Green**  
**Head of Year 5**

**Mrs Stickley**  
**Head of Year 6**



Oakfield Academy  
Frome

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