



**Ecclesfield Primary School**

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10th May 2021

### Relationships and Health Education including Puberty (Primary)

Dear Parents and Carers,

The new RSHE curriculum guidance was launched by the DfE in June 2019 to become compulsory from September 2020. Further DfE guidance was published in September 2020. The implementation was delayed however to the Summer term 2021 due to the pandemic (if schools were not ready).

The guidance states that from September 2020, **all schools must deliver relationships and health education** including puberty in primary schools. Relationships and sex education (in secondary schools).

Although there are no significant changes to the way that school will approach these areas, we are hoping to undertake a wider consultation with our school community as soon as face to face communication is permitted to share the new RSHE curriculum. In the interim, we are proceeding with the essential teaching that we have always delivered at Ecclesfield Primary.

#### Summer Term 2021 RSHE Lessons

In the Summer term, the following information sets out what we will be teaching across school so that parents and carers have a greater understanding of the key themes and the progression across school within these themes. **Please continue reading for further information.**

#### E2

F2 pupils will continue to work on their **Personal Social Emotional Development** objectives. For this year there is no change.

## KSI (Year 1 and Year 2)

KSI	Year 1	Year 2
Summer 1	M1) Where do feelings come from? M3) What helps me to be happy?	M1) Where do feelings come from? M2) Who am I? M3) What helps me to be happy?
Summer 2	P1) How do I help my body stay healthy? P2) How do I decide what to eat?	G1) How do bodies change as we get older? C3) What makes a boy or a girl?

**Year 1** lessons explore feelings by naming emotions and asking the children to consider what **makes them healthy and happy** at home, at school and in the community:

- Understanding that we have a range of emotions, depending on our experiences and situations.
- Knowing what to do when we experience strong emotions.
- Building language to talk about feelings and understanding the connections between their actions and the feelings of themselves and others.

*Year 1 will also consider Healthy Lifestyles:*

- A need for a healthy diet, exercise and sleep
- Investigate the simple self-care tasks like washing hands and brushing teeth that the children can undertake for themselves.

*Year 2 lessons include repeating the Year 1 lessons as not all of the Year 2 children were in school last Summer due to the pandemic.*

- Understanding that each of us has skills and talents that are valuable.
- Understanding that we are important, unique people who deserve kindness and respect.
- Appreciating that other people are important, no matter how good they are at certain things.
- A unit of work for **Year 2** about specific differences but many more similarities between boys and girls will be covered. **In Year 2, this is not new and we will be using the appropriate language for all external body parts where this is relevant to our lessons.**
- Further Year 2 discussions will involve recognising the **5 key stages of human life** and understanding how their bodies will change as they age and considering how their lives will change as they get older.
- Appreciating how increasing independence presents new dangers, challenges, benefits and responsibilities.

*Should you have any further questions around the Y1 and Y2 curriculum, please do not hesitate to contact your child's teacher or email me via the following:-*

[enquiries@ecclesfield-pri.sheffield.sch.uk](mailto:enquiries@ecclesfield-pri.sheffield.sch.uk)

## Lower Key Stage 2 (Year 3 and Year 4)

LKS2	Year 3	Year 4
Summer 1	M2) Who am I? (KSI topic) M1) How do I manage my feelings?	M2) Who am I? (KSI topic) M1) Are we happy all the time?
Summer 2	G1) How bodies change as we get older? (link with science) (KSI topic) C3) What makes a boy or a girl? (KSI)	G1) How bodies change as we get older? (link with science) (KSI topic) G1) What is a period? C3) What makes a boy or a girl? (KSI)

For Year 3 and Year 4, the teachers will cover some of the KSI units (see above). Once again, the pandemic affected our Summer term 2020 for these year groups so we want to ensure that the building blocks for future learning are secure before moving on to the Year 3 and Year 4 specific units.

The repeated units include the body awareness Year 2 unit 'What makes a boy or a girl' which will be delivered to ensure the children understand that there are many similarities and some differences in boys and girls. **The correct vocabulary will be used for all body parts.**

**The Year 3 unit of managing feelings includes:**

- Understanding the range and depth of feelings that we all experience.
- Learning strategies to deal with these feelings and knowing when to seek support.
- Understanding that we have responsibilities for some things but cannot control everything.

**Further work in Y4 includes:**

- The unit on happiness will include the understanding of the range of negative emotions that we can have.
- Learning what to do if we experience low moods.
- Discussing with pupils ways of building self-esteem.

## **Puberty Lessons begin in Y4**

For Year 4, it is extremely important that the children understand about puberty as more children and in particular girls are starting puberty earlier.

- The **period** unit is very short but deepens the discussion about similarities and differences between boys and girls.

**Whilst RSE lessons are usually delivered to the class, the girls will have opportunities to discuss periods with a female member of staff in addition to whole class teaching.**

Upper KS2 (Year 5 and Year 6) including Puberty Lessons

UKS2	Year 5	Year 6
Summer 1	M1) Does everybody have the same feelings? M2) Should we be happy all the time? M3) Why do we argue? M4) Who am I?	M1) Does everybody have the same feelings? M2) Should we be happy all the time? M3) Why do we argue? M4) Who am I?
Summer 2	C3) What makes a boy or a girl? KSI G1) What is a period? LKS2 G1) How bodies change as we get older (link with science) UKS2 G2) How will my feelings change as I get older? G3) How will I stay clean during puberty? G4) What is menstruation?	C3) What makes a boy or a girl? KSI G1) What is a period? LKS2 G1) How bodies change as we get older (link with science) UKS2 G2) How will my feelings change as I get older? G3) How will I stay clean during puberty? G4) What is menstruation?

**Year 5 and Year 6 as a whole were not in school last Summer so again to ensure good foundations, Y6 will cover the Y5 units and Y4 units.**

**The specific units for both Y5 and Y6 on feelings cover the following:**

- Developing our ability to communicate our own feelings.
- Does everybody have the same feelings?
- Identifying positive and negative emotions and the impact these have on our mental wellbeing.
- Identifying our own triggers for negative emotions.
- Understanding that some people find it hard to read and express emotions.
- In the unit about happiness, the children will explore how significant events such as loss, separation, divorce and bereavement can affect our mental and emotional health.
- This unit will also include developing strategies for exploring ways of coping with big and small life events.
- In the unit about dealing with arguments children will gain a better understanding as to why it is better to demonstrate self-control and restraint in emotional situations, staying calm and making good choices, even when others are not.
- Practising strategies for resolving conflict with peers will also be included.
- Further work on their identity deals with learning to express our sense of identity.
- Understanding that our brains can get poorly and can be treated (just like our bodies).
- Knowing that mental wellbeing varies and is not constant is a key lesson.



## Year 5 and Year 6 Puberty Lessons

Whilst RSE lessons are usually delivered to the class, the girls will have opportunities to discuss puberty changes with a female member and the boys with a male member of staff in addition to whole class teaching.

Again we will include both KSI topics on:

- What is a boy and what is a girl?
- Y4 work on what is a period?
- How bodies change as we get older?

### Further KS2 lessons will then follow;

- **Year 5/6 unit How do bodies change as we get older?** Includes understanding the physical changes that people go through during puberty, particularly between the ages of 9 -11.
- **Year 5/6 unit How will my feelings change as I get older?** The children will be helped to understand the emotional and mental changes that people go through when they reach puberty.
- **Year 5/6 How do I stay clean as I get older?** Includes learning much more about the changes and importance of keeping clean and how to maintain personal hygiene.
- A more advanced unit on **Menstruation** than the Year 4 unit on periods will be delivered and this will help the children to further understand the process of menstruation and how to manage it effectively.

Should you have any further questions please email your child's teacher or email me at [enquiries@ecclesfield-pri.sheffield.sch.uk](mailto:enquiries@ecclesfield-pri.sheffield.sch.uk)  
Please also see our workshop information below.

Puberty Workshops for Parents Y3, Y4, Y5, Y6 <https://forms.gle/jKyCnyknUh7rRyeTA>  
To support you in your conversations with your children about these units of work, we are offering two zoom sessions in May where school will be able to discuss: what will be shared with the children, how information will be shared and show some of the resources that we will use. If you wish to sign up for one of these sessions, please use the link above. Please complete by 14th May 2021

Session 1: 9.30am Thursday 20th May 2021

Session 2: 5.30pm on Wednesday 26th May 2021

### RSHE Scheme of Work Wider Consultation Summer 2 (CV Guidelines Permitting)

The purpose of the consultation is for parents and carers to gain a deeper understanding of what this curriculum offers and to provide an opportunity to show how the curriculum reflects the broad values, cultural and religious beliefs and diversity of all stakeholders in our school.

If you are interested in taking part in a consultation, then look out for another letter which will be sent this week asking you to indicate your interest and preferences to meet hopefully in the Summer 2 terms-Covid guidelines permitting.

Jo Eagleton

