



Yaxham Church of England (VA) Primary School
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Headteacher: Mrs Jennie Müller
Chair of Governors: Mrs Michelle Parnell

2nd October 2020

Dear Parents,

Last year we shared details of Relationships and Sex Education (RSE) is part of that curriculum, this became a statutory part of the curriculum this term. RSE teaching at Yaxham meets the needs of all our children within an inclusive and supportive learning environment; using non-biased, age-appropriate resources. RSE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

RSE will be delivered in a spiral curriculum that enables pupils to build, year on year, on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues. I have attached a copy of the content of the RSE, along with our PSHE (Personal, Social, Health and Economic Education) Curriculum for your information.

I would like to take this opportunity to reassure you that none of the teaching materials or strategies should shock pupils and are recommended by the Local Authority and The Diocese of Norwich. All lessons will be taught in a strictly non-judgemental and non-biased manner, to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's Relationships and Sex Education with them at home. This is an opportunity for you to share your family values in relation to the topics, building strong channels of communication about emotions, the human body and relationships with your child.

If you would like to know more information about our programme of Relationships and Sex Education, please familiarise yourself with the RSE policy on the school website and read the 'Top tips for talking to your child'. If you have any concerns or questions about the curriculum for your child's year group, please talk to your child's class teacher.

Other Messages



Wool

Squirrels have been doing some fantastic weaving, but it has left us short of wool. We would be really grateful of any donations. Please send any donations in with children in a carrier bag.

Hot lunch

Thank you all for supporting our trial hot lunch, it was really popular with the majority of children. We hope to offer another lunch later this half term so please look out for details.

Water bottles

Please remember that these are for water only. Other drinks are allowed at lunch time.

Book Amnesty

After the long period of home learning we have noticed our book stocks are rather depleted, especially library books read by the older children in school. We would be really grateful if books could be returned as we have children waiting to read them.

Wrap Up Warm!

We have to keep classrooms well ventilated, this means that we will start to feel the cold as winter draws in, even with the heating on. Please make sure your children are prepared, especially on PE days.

Bags2School

The friends have organised a Bags2School collection, please make sure bags are under the shelter at the front of school (by the street library) by 9am on the 9th October. Please do not put bags in front of the fire exit.

Best wishes for another wet and windy weekend.

Mrs Jennie Müller

Dates for your Diary:

Bags2School 9th October 2020

Flu Immunisation 4th November 2020

TOP TIPS FOR TALKING TO YOUR CHILD

Talking to your child about their bodies, relationships, puberty and sex is important; building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing importance arise and may help to reduce risk taking behaviours as they approach adulthood.

Your child needs to know that it's OK to talk, and that you're happy to talk about it. They'll learn this through your body language, tone and manner when you talk, so try to behave as though you would in any other normal, everyday topic of conversation.

Simple strategies to make talking about bodies, relationships, puberty and sex more comfortable:

- ✓ Start off by talking about something that you both find more comfortable, such as feelings and emotions.
- ✓ Ask them what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The Chat'. Talk about these issues little and often, over everyday events like washing up or watching TV. This can help to normalise the conversation, and ease uncomfortable feelings.
- ✓ Don't leave it too late. Start talking about puberty before you feel your child is approaching it so that you already have strong channels of communication established in readiness.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged and feeling listened to will encourage them to come to you to talk about issues in the future.
- ✓ If they ask you a question that you are not sure how to answer, that is OK. Suggest that you find out the answer together and then you will both know!
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Try to remember that it is good that they are comfortable to discuss issues with you, and that they need to trust you will not respond negatively.

**Make sure they know that they can always talk to you
anytime, about anything**

	Autumn 1 RSE My feelings	Autumn 1 PSHE	Autumn 2 RSE My body	Autumn 2 PSHE	Spring 1 RSE My relationships	Spring 1 PSHE	Spring 2 RSE My beliefs	Spring 2 PSHE	Summer 1 RSE My rights and responsibilities	Summer 1 PSHE	Summer 2 RSE Asking for help	Summer 2 PSHE
YR	Identify feelings		Personal hygiene		Similarities & differences		Likes/dislikes & making choices		Privacy		Special people	
Y1	Communicate about feelings	Independence Likes & dislikes Set simple goals Class rules	Body parts Personal hygiene	NSPCC - Pants Healthy bodies	Listening to others Cooperation	Anti-Bullying How behaviour affects others Working together & resolving problems	Differences & similarities between people	Sharing opinions How we are unique Identify special people in their life Groups they belong to	Diseases & spreading them	Medicines What physical contact is acceptable? Looking after the environment Money - spending and saving NSPCC Pants	People who look after us Safety – water, road, rail, fire etc. Privacy Secrets & surprises	
Y2	Celebrate achievement & set goals		Growth & change		Teasing & bullying – their role		Unique families	Differences & similarities between people Special people in their life Groups they belong to How we are unique	Physical contact - acceptable, comfortable & uncomfortable	Medicines Diseases Environment Money Respecting others	Secrets & surprises - not keeping a secret if it makes them uncomfortable Rules – keeping safe Asking for help when needed Sharing views & opinions Emergencies	

	RSE My feelings	PSHE	RSE My body	PSHE	RSE My relationships	PSHE	RSE My beliefs	PSHE	RSE My rights and responsibilities	PSHE	2 RSE Asking for help	PSHE
Y3	Strengths & aspirations I goals	Dares, challenges & stereotypes How online images affect how people feel Achievements & goals	Body changes	Tobacco, drugs & alcohol – habits Balanced lifestyles	Attributes of positive healthy relationships	Divorce Loss & change How actions affect others Resolving conflicts	Gender stereotypes	Differences & similarities between people Being part of a community	Unwanted touch	Debate Human rights & discrimination Spending, saving, budgeting Bacteria & viruses Personal boundaries Environment	Secrets & surprises Risk, dangers & hazards Emergencies Sharing views & opinions Secrets	
Y4	Recognise a wide range of emotions in themselves and others & ways to respond		Anticipate body changes – begin puberty		Acceptable & unacceptable physical behaviours		Similarities & differences Family types Personal identity		Marriage – commitment	Negative pressure & how to manage Acceptable & unacceptable contact	Know when to ask for help to manage a situation	
Y5	Anticipate how their emotions might change as they move through puberty	Autumn 1 PSHE	Autumn 2 RSE My body	Autumn 2 PSHE	Spring 1 RSE My relationships	Spring 1 PSHE	Spring 2 RSE My beliefs	Spring 2 PSHE	Summer 1 RSE My rights and responsibilities	Summer 1 PSHE	Summer 2 RSE Asking for help	Summer 2 PSHE
Y6		How online images affect how people feel – media High aspirations & goals Dares, challenges & stereotypes	How body may change through puberty	Balanced lifestyles Legal & illegal substance – habits	Healthy relationships – skills to manage and maintain	Bereavement Loving relationships – marriage How actions affect others Bullying, discrimination Resolving conflicts	Gender and sexual orientation	FGM & abuse Values & customs of people	Keeping safe online	Bacteria and viruses Environment Acceptable & unacceptable contact Debate & respecting other people's opinions	How to manage accidental exposure to upsetting online material Managing risk & keeping safe Emergencies Where to ask for help How to keep safe when using mobile phones	

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