



Heathfield Primary School
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Headteacher: Mr M D Thornley BSc (Hons)

Thursday 4th June

Dear Parents/Carers,

I hope everyone is safe and well.

As you know school has provided child care to key worker and vulnerable children throughout lockdown and as of 1st June we have started our phased re-opening of Heathfield to certain year groups. Currently some Year 6 children are attending and they will be joined by some Year 1 children on Friday. **At Heathfield we are slowly and thoughtfully executing our plans to ensure our procedures keep everyone in the Heathfield Family safe.** Individual families that have informed school that their child/children will be returning are being contacted by letter/email a few days before their planned start time to confirm arrangements. Home learning will continue to be provided for all year groups.

At Heathfield, our mission statement 'Learning together, learning for life' underpins all we do. **A key part of this is the Heathfield Heart.** The Heathfield Heart refers to the genuine, robust character traits that prepare children for life in the modern world resulting in physically and mentally healthy children that achieve their potential and have a solid foundation to become life-long learners. **During the current situation, this seems more important than ever.**

One of the many ways we teach children to develop their Heathfield Heart is through our PSHE (Personal, Social and Health Education) lessons. As part of this, from September 2020, schools must teach RSHE (Relationships, Sex education and Health education). **For Heathfield children, this addition will have limited impact as we will continue to deliver what we have always done** but nevertheless wanted to share with you exactly what your children will be learning and when. (See Below).

At the end of this letter is the complete Heathfield Relationships policy that you may wish to read. If you wish to discuss the contents of the policy, please email office@heathfield.bolton.sch.uk and we will arrange a telephone conversation with the Assistant Headteacher, Miss Wilkinson.

Best wishes to everyone in the Heathfield Family, Stay safe,

Yours sincerely

Mr. M. D Thornley

Headteacher



What my child will be taught:

Year group	Relationships	Changing Me
Reception	<p>To identify the roles they have within their family</p> <p>To know how to make friends</p> <p>To find solutions to stay friends</p> <p>To use strategies to manage feelings</p> <p>To know what makes a good friend</p>	<p>To be able to name parts of the body</p> <p>To know which foods are healthy</p> <p>To understand that we grow from babies to adults</p> <p>To be able to express feeling about change</p> <p>To be able to talk about memories</p>
Year 1	<p>To identify the members of own family and understand that there are lots of different types of families</p> <p>To identify what being a good friend means</p> <p>To know appropriate ways of physical contact to greet friends and know which ways they prefer</p> <p>To know who can help me in the school community</p> <p>To recognise own qualities as person and a friend</p> <p>To understand why some people are special to them</p>	<p>To begin to understand the life cycles of animals and humans</p> <p>To know that some things about a person stay the same and that some change</p> <p>To know how a person's body changes as they become older</p> <p>To understand that as we learn, we change</p> <p>To talk about changes that have happened in their life</p>
Year 2	<p>To identify different members of family and understand relationship with each of them</p> <p>To understand that there are lots of forms of physical contact within a family and that some of this is acceptable and some is not</p> <p>To identify some of the things that cause conflict with friends</p> <p>To understand that sometimes it is good to keep a secret and sometimes it is not good to keep a secret</p> <p>To recognise and appreciate people who can help me in my family, my school and my community</p>	<p>To recognise cycles of life in nature</p> <p>To understand the natural process of growing from young to old</p> <p>To recognise how my body has changed since I was a baby and where I am on the continuum from young to old</p> <p>To understand there are different types of touch and say which ones I like and don't like</p> <p>To identify what I am looking forward to in the future</p>
Year 3	<p>To identify the roles and responsibilities of each member of my family and can reflect on the expectations for males and females</p>	<p>To understand what a baby needs to live and grow</p>

	<p>To identify and put into practice some of the skills of friendship e.g. taking turns, being a good listener</p> <p>To know and can use some strategies for keeping myself safe online</p> <p>To explain how some of the actions and work of people around the world help and influence my life</p> <p>To understand how my needs and rights are shared by children around the world and can identify how our lives may be different.</p> <p>To know how to express my appreciation to my friends and family</p>	<p>To start to recognise stereotypical ideas about parenting and family roles</p>
Year 4	<p>To recognise situations which can cause jealousy in relationships</p> <p>To identify someone I love and can express why they are special to me</p> <p>To understand that we can remember people even if we no longer see them</p> <p>To recognise how friendships change, know how to make new friends and how to manage when I fall out with my friends</p> <p>To understand what having a boyfriend/ girlfriend might mean and that it is a special relationship for when I am older</p> <p>To know how to show love and appreciation to the people and animals who are special to me</p>	<p>To identify changes that have been and may continue to be outside of my control that I learnt to accept</p>
Year 5	<p>To have an accurate picture of who I am as a person in terms of my characteristics and personal qualities</p> <p>To understand that belonging to an online community can have positive and negative consequences</p> <p>To understand there are rights and responsibilities in an online community or social network</p> <p>To know there are rights and responsibilities when playing a game online</p> <p>Recognise when I am spending too much time using devices (screen time)</p>	<p>To be aware of my own self-image and how my body image fits into that</p> <p>To know how a girl's body changes during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>To know how boys' and girls' bodies change during puberty</p> <p>To identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities</p>

	To explain how to stay safe when using technology to communicate with my friends	
Year 6	<p>To know that it is important to take care of my mental health</p> <p>To know how to take care of my mental health</p> <p>To understand that there are different stages of grief and that there are different types of loss that cause people to grieve</p> <p>To recognise when people are trying to gain power or control</p> <p>To judge whether something online is safe and helpful for me</p> <p>To use technology positively and safely to communicate with my friends and family</p>	<p>To be aware of my own self-image and how my body image fits into that</p> <p>To know how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally</p> <p>To understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend</p> <p>To be aware of the importance of a positive self-esteem and what I can do to develop it</p> <p>To identify what I am looking forward to and what worries me about the transition to secondary school</p>

Relationships Education

What does the DfE (Department for Education) statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover 'Families and people who care for me', 'Caring friendships', 'Respectful relationships', 'Online relationships', and 'Being safe'.

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover 'Mental wellbeing', 'Internet safety and harms', 'Physical health and fitness', 'Healthy eating', 'Drugs, alcohol and tobacco', 'Health and prevention', 'Basic First Aid', 'Changing adolescent body'.

Sex Education

The DfE Guidance 2019 recommends that all primary schools 'have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

At Heathfield, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit), and we conclude from the DfE Guidance that sex education refers to Human Reproduction. **In order to teach this in a scientific context, and knowing that National Curriculum Science requires children to know how mammals**

reproduce, we have opted to teach this within our Science curriculum, not within PSHE or Relationships and Sex Education as we believe this is most appropriate for our children.



Heathfield Primary School

Relationships and Health Policy

***Our Mission Statement:
Learning together, Learning for Life***

Chair of Governors	Zulfi Jiva
Headteacher	Mark Thornley
Policy written by	Corinne Wilkinson (PSHE Lead) April 2020
Date approved by governors	Summer 2020
Date of next review	March 2021
Committee Responsible	Learning Challenge

INTRODUCTION

At Heathfield, our curriculum lays out the way we teach our children to achieve our mission statement;

Learning together, learning for life.

The curriculum consists of all the planned activities and routines that we organise in order to promote learning, confidence and self-esteem. It includes not only the formal requirements of the National Curriculum, but also the range of extra-curricular activities that the school organises in order to enrich the experience of the children. The children at Heathfield are provided with a an inter connected curriculum that promotes meaningful connections between concepts and knowledge (**Heathfield Head**), develops genuine and robust character traits to prepare children for life in the modern world (**Heathfield Heart**) and opportunities for children to use and apply their Head and Heart to answer learning questions (**Heathfield Hands**) resulting in knowledgeable, physically and mentally healthy children that achieve their potential and have a solid foundation to become life-long learners.



1. To embrace the challenges of creating a happy and successful adult life, children need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Pupils can also put this knowledge into practice as they develop the capacity to make sound decisions when facing risks, challenges and complex contexts. Everyone faces difficult situations in their lives. These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.
2. High quality, evidence-based and age-appropriate teaching of these subjects can help prepare pupils for the opportunities, responsibilities and experiences of adult life. They can also promote the spiritual, moral, social, cultural, mental and physical development of pupils, at school and in society.
3. The Relationships Education, Relationship and Sex Education and Health Education Regulation's 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving Primary education and Relationships and Sex Education (RSE) compulsory in all secondary schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory (see Summary of Requirements table below).
4. This policy sets out both the rights of parents/carers to withdraw pupils from sex education and the process that Head Teachers should follow in considering a request from a parent. Parents have the right to request that their child be withdrawn from any specific sex education elements that may be delivered in primary schools but

from none of the relationship education aspects as clarified in the 2019 guidance from the DfE.

5. Effective teaching of Relationships and Health will ensure that pupils attending Heathfield will receive core knowledge that is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme or lessons. Teaching will include sufficient well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real life situations.
6. The lead teacher will work closely with colleagues in related curriculum areas to ensure SMSC, RE, SRE, Computing and PSHE programmes complement each other under the umbrella of the Heathfield Heart policy. Other subjects within the curriculum will ensure they reinforce the aims of the policy.
7. At Heathfield, we are aware that for many young people the distinction between the online world and other aspects of life is less marked than for some adults. Young people often operate very freely in the online world and by secondary school age some are likely to be spending a substantial amount of time online. Where topics and issues outlined in this policy are likely to be encountered by pupils online, school will take this into account when planning how to support them in distinguishing between different types of online content and making well-founded decisions.
8. More broadly, the internet and social media have other important characteristics which young people should be aware of in order to help them use them discriminately. For example, social media users are sometimes prepared to say things in more extreme, unkind or exaggerated ways than they might in face to face situations, and some users present highly exaggerated or idealised profiles of themselves online. Some platforms attract large numbers of users with similar, sometimes extreme, views, who do not welcome dissent or debate. Young people should be aware that certain websites may share personal data about their users, and information collected on their internet use, for commercial purposes (i.e. to enable targeted advertising). In addition, criminals can operate online scams, for example using fake websites or emails to extort money or valuable personal information. This information can be used to the detriment of the person or wider society. At Heathfield, these factors are taken into account when planning teaching of these subjects and the overlap with their wider curriculum is considered to ensure pupils know how to keep themselves and their personal information safe.

STATUTORY REQUIREMENTS

1. As a maintained primary school we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).
2. However, we are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.
3. In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

Summary of requirements as stated from the DFE

Relationships Education	Relationships and Sex Education	Health Education
All schools providing primary education, including all-through schools and middle schools	All schools providing secondary education, including all-through schools and middle schools	<p>All maintained schools including schools with a sixth form, academies, free schools, non-maintained special schools and alternative provision, including pupil referral units.</p> <p>The statutory requirement to provide Health Education does not apply to independent schools – PSHE is already compulsory as independent schools must meet the Independent School Standards as set out in the Education (Independent School Standards) Regulations 2014. Independent schools, however, may find the principles in the guidance on Health Education helpful in planning an age-appropriate curriculum.</p>

GOVERNING BOARD

As well as fulfilling their legal obligations, the Governing Board will ensure that:

1. All pupils make progress in achieving the expected educational outcomes;
2. The subjects are well led, effectively managed and well planned;
3. The quality of provision is subject to regular and effective self-evaluation;
4. Teaching is delivered in ways that are accessible to all pupils with SEND;
5. Clear information is provided for parents on the subject content and the right to request that their child be withdrawn;

6. The subjects are resourced, staffed and timetabled in a way that ensures that the school can fulfil its legal obligations

EQUALITY

Heathfield will ensure we are compliant with relevant requirements of the Equality Act 2010

Pupils with special educational needs and disabilities (SEND)

- Relationships Education, RSE and Health Education must be accessible for all pupils. This is particularly important when planning teaching for pupils with SEND. High quality teaching that is differentiated and personalised will be the starting point to ensure accessibility. Schools should also be mindful of the preparing for adulthood outcomes, as set out in the SEND code of practice, when teaching these subject to those with SEND.
- At Heathfield the curriculum will be planned so that it takes into consideration pupils that are more vulnerable to exploitation, bullying and other issues due to the nature of their SEND. Ensuring that the Relationship Education and RSE are supportive to ensure pupils having social, emotional and mental health needs are equipped to deal with real life situations effectively.
- At Heathfield we will ensure that SEND pupils have a tailored curriculum so that the teaching meets the specific needs of pupils at different developmental stages.
- The staff at Heathfield shall ensure teaching is sensitive, age-appropriate, and developmentally appropriate and delivered with reference to statutory law.

Lesbian, Gay, Bisexual and Transgender (LGBT)

- At Heathfield, we will ensure that through the teaching of our Heathfield Heart policies that the needs of all pupils are appropriately met and that all pupils understand the importance of equality and respect. We will ensure that we comply with the Equality Act 2010.
- At Heathfield we will ensure that all the teaching is sensitive and age appropriate.

RELATIONSHIP EDUCATION

Pupils attending Heathfield will:

1. Be given the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships and relationships with other children and with adults.
2. Be taught about what relationship is, what friendship is, what family means and who the people are who can support them.
3. Be taught how to take turns, how to treat each other with kindness, consideration and with respect. The importance of honesty and truthfulness, permission seeking and giving, and the concept of personal privacy. Establishing personal space and boundaries, showing respect and understanding the differences between

appropriate and inappropriate or unsafe physical, and other, contact. These skills are the forerunners of teaching about consent which takes place during pupil's secondary education.

4. Be taught to respect one another in an age-appropriate way, in terms of understanding one's own and other boundaries in play, in negotiations about space, toys, books, resources amongst other examples.
5. Be taught explicitly about the features of healthy friendships, family relationships and other relationships which young children are likely to encounter. Drawing attention to these in a range of contexts should enable pupils to form a strong early understanding of the features of relationships that are likely to lead to happiness and security. This will also help them to recognise any less positive relationships when they encounter them.
6. Be taught the principles of positive relationships also apply online especially as, by the end of primary school, many children will already be using the internet. When teaching relationships content, teachers will address online safety and appropriate behaviour in a way that is relevant to pupils' lives. Teachers should include content on how information and data is shared and used in all contexts, including online; for example, sharing pictures, understanding that many websites are businesses and how sites may use information provided by users in ways they might not expect.
7. Be taught about families; requiring sensitive and well-judged teaching based on knowledge of pupils and their circumstances. Families of many forms provide a nurturing environment for children. (Families can include for example, single parent families, LGBT parents, families headed by grandparents, adoptive parents, and foster parents/carers amongst other structures.) Care needs to be taken to ensure that there is no stigmatisation of children based on their home circumstances and needs, to reflect sensitively that some children may have a different structure of support around them; e.g. looked after children or young carers.
8. Develop a growing ability to form strong and positive relationships with others depends on the deliberate cultivation of character traits and positive personal attributes, (sometimes referred to as 'virtues') in the individual. At Heathfield we will encourage the development and practice of resilience (Heathfield Heart: Reflective Learner) and other attributes, this includes character traits such as helping pupils to believe they can achieve, persevere with tasks, work towards long-term rewards and continue despite setbacks. Alongside understanding the importance of self-respect and self-worth, pupils should develop personal attributes including honesty, integrity, courage, humility, kindness, generosity, trustworthiness and a sense of justice. This can be achieved in a variety of ways including by providing planned opportunities for young people to undertake social action, active citizenship and voluntary service to others locally or more widely.
9. Be taught about positive emotional and mental wellbeing, including how friendships can support mental wellbeing.
10. Be given the knowledge they need to recognise and to report abuse, including emotional, physical and sexual abuse. We will achieve this by focusing on boundaries and privacy, ensuring young people understand that they have rights over their own

bodies. This should also include understanding boundaries in friendships with peers and also in families and with others, in all contexts, including online. Pupils will know how to report concerns and seek advice when they suspect or know that something is wrong. We will ensure that at all stages it will be important to balance teaching children about making sensible decisions to stay safe (including online) whilst being clear it is never the fault of a child who is abused and why victim blaming is always wrong. These subjects complement Health Education and as part of a comprehensive programme and whole school approach, this knowledge can support safeguarding of children.

By the end of a child's time at Heathfield, Children should know:	
Families and people who care for them	<ul style="list-style-type: none"> • That families are important for children growing up because they can give love, security and stability • The characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives • That others' families, either in school or in the wider world, sometimes look different to their family, but that they should respect those differences and know that other children's families are also characterized by love and care • That stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up • That marriage represents a formal and legally recognized commitment of two people to each other which is intended to be lifelong • How to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed
Caring Friendships	<ul style="list-style-type: none"> • How important friendships are in making us feel happy and secure, and how people choose and make friends • The characteristics of friendships, including mutual respect, honesty, trustworthiness, loyalty, kindness, generosity, sharing interests and experiences and support with problems and difficulties • That healthy friendships are positive and welcoming towards others, and do not make others feel lonely or excluded • That most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • How to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to managing these situations and how to seek help or advice from others if needed
Respectful	<ul style="list-style-type: none"> • The importance of respecting others, even when they're very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have

relationships	<p>different preferences or beliefs</p> <ul style="list-style-type: none"> • Practical steps they can take in a range of different contexts to improve or support respectful relationships • The conventions of courtesy and manners • The importance of self-respect and how this links to their own happiness • That in school and in the wider world they can expect to be treated with respect by others, and that in turn they should show respect to others, including those in positions of authority • About different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • What a stereotype is, and how stereotypes can be unfair, negative or destructive • The importance of permission-seeking and giving in relationships with friends, peers and adults
Online relationships	<ul style="list-style-type: none"> • That people sometimes behave differently online, including by pretending to be someone they're not • That the same principles apply to online relationships as face-to-face relationships, including the importance of respect for other online (even when we're anonymous) • The rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them • How to critically consider their online friendships and sources of information, including awareness of the risks associated with people they've never met • How information and data is shared and used online
Being safe	<ul style="list-style-type: none"> • What sorts of boundaries are appropriate in friendships with peers and others (including in a digital context) • About the concept of privacy and the implications of it for both children and adults (including that it's not always right to keep secrets if they relate to being safe) • That each person's body belongs to them, and the differences between appropriate and inappropriate/unsafe physical and other contact • How to respond safely and appropriately to adults they may encounter (in all contexts, including online) who they don't know • How to recognise and report feelings of being unsafe or feeling bad about any adult • How to ask for advice or help for themselves or others, and to keep trying until they're heard • How to report concerns or abuse, and the vocabulary and confidence needed to do so • Where to get advice (e.g. family, school, other sources)

SEX EDUCATION

At Heathfield, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit), and we conclude from the DFE Guidance that sex education refers to Human Reproduction. In order to teach this in a scientific context, and knowing that National Curriculum Science requires children to know how mammals reproduce, we have opted to teach this within our Science curriculum, not within PSHE or Relationships and Sex Education as we believe this is most appropriate for our children.

Therefore the parent right to withdraw their child is not applicable. We are of course happy to discuss the content of the curriculum and invite you to contact Mr Thornley (Headteacher) if you have any questions.

1. The Relationship Education, RSE, and Health Education Regulations 2019 have made Relationship Education compulsory in all primary schools. Sex education is **not** compulsory in primary schools but the recommendation is that Primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.
2. Heathfield will teach about health and this will include initial puberty. The national curriculum for science also includes subject content in related areas, such as the main external body parts, the human body as it grows from birth to old age and reproduction in some plants and animals.
3. As a school we reserve the right to adapt this aspect of the curriculum depending upon the needs of our pupils at any given point in time. In this case the Governing Board will be informed prior to contacting the parents/groups of parents to ensure clarity of delivery inclusive of a rationale. This shall be considered on a yearly basis to ensure that children are adequately supported in the transition phase before moving to secondary school to support pupils' ongoing emotional and physical development effectively. Our overarching aim is to ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science – how a baby is conceived and born.
4. To ensure this aspect of the curriculum is appropriate, Heathfield will consult with parents before the penultimate year of primary school about the detail of the curriculum delivery. This process will offer parents appropriate support to enable them to talk to their children about sex education and how to link this with what is being taught in school. These objectives will require a graduated, age appropriate programme of sex education that will be discussed with both year 5 and year 6 teachers prior to meeting with parents. A full range of resources, including worksheets, videos and books will be available to parents on request.
5. **In the unlikely event** that Heathfield teachers will be required to teach aspects of sex education which go beyond the national curriculum for science, we will set this out in an additional annex to this policy after we have consulted with parents on what is to be covered and the rationale why.

6. We will reserve the right for parents to withdraw their children. The Head Teacher will then follow the process of establishing contact with parents wishing to act on their right.

Right to be excused from sex education (In the unlikely event that will be required to teach it)

1. Parents have the right to request that their child be withdrawn from all sex education delivered in primary schools. Before granting any such request, the Head Teacher shall meet with parents to discuss their concerns and with the child/ren to ensure that the child's wishes are understood and to enable the HT to clarify the nature and purpose of the curriculum.
2. On receipt of a written request the school will document this process to ensure a record is kept.
3. The HT shall clearly indicate the benefits of receiving this element of education and point out any detrimental effects that withdrawal might have on the child. This may include any social and emotional effects of being excluded, as well as the likelihood of the child hearing their peers' version of what was taught in class rather than what was directly taught by the teacher.
4. Once the discussion with the HT and parent/HT and child have taken place, except in exceptional safeguarding circumstances, the school will respect the parents' request to withdraw the child.
5. This process is the same for pupils with SEND. However, there may be exceptional circumstances where the HT may want to take a pupil's specific needs arising from their SEND into account when making this decision.
6. The Head Teacher will follow this process and grant a request to withdraw a pupil from any sex education delivered unless it forms part of the science curriculum.
7. If a pupil is excused from sex education, it is the school's responsibility to ensure that the pupil receives appropriate, purposeful education during the period of withdrawal.
8. **There is no right to withdraw from Relationship Education or Health Education.**

PHYSICAL HEALTH AND MENTAL WELLBEING

Heathfield's aim:

Our aim of teaching pupils about physical health and mental wellbeing is to provide pupils with information that they need to make good decisions about their own health and wellbeing. It is intended to enable pupils to recognise what is normal and what is an issue in themselves and others and, when issues arise, know how to seek support, advice, guidance as early as possible from appropriate sources. We will teach the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental health and wellbeing is a normal part of daily life, in the same way as physical health.

1. This starts with pupils being taught about the benefits and importance of daily exercise, good nutrition and sufficient sleep, and giving pupils the language and knowledge to understand the normal range of emotions that everyone experiences.

This should enable pupils to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they experience.

2. Teachers teach the steps pupils can take to protect and support their own and others' health and wellbeing, including simple self-care techniques, personal hygiene, prevention of health and wellbeing problems and basic first aid.
3. Emphasis will be given to the positive two-way relationship between good physical health and good mental wellbeing, and the benefits to mental wellbeing of physical exercise and time spent outdoors. This supports the holistic delivery of Heathfield's curriculum content.
4. Pupils will also be taught the benefits of hobbies, interests and participation in their own communities. This teaching will make clear that people are social beings and that spending time with others, taking opportunities to consider the needs of others and practising service to others, including in organised and structured activities and groups (for example the scouts or girl guide movements), are beneficial for health and wellbeing.
5. Pupils will be taught about the benefits of rationing time spent online and the risks of excessive use of electronic devices. In later primary school, pupils will be taught why social media, computer games and online gaming have age restrictions and should be equipped to manage common difficulties encountered online.
6. A firm foundation in the benefits and characteristics of good health and wellbeing will enable teachers to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

By the end of a child's time at Heathfield, Children should know:

Mental Wellbeing

- That mental wellbeing is a normal part of daily life, in the same way as physical health.
- That there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations.
- How to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.
- How to judge whether what they are feeling and how they are behaving is appropriate and proportionate.
- The benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.
- Simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
- Isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and

	<p>seek support.</p> <ul style="list-style-type: none"> • That bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing. • Where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online). • It is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough.
Internet safety and harms	<ul style="list-style-type: none"> • That for most people the internet is an integral part of life and has many benefits. • About the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • How to consider the effect of their online actions on others and know how to recognise and display respectful behaviour online and the importance of keeping personal information private. • Why social media, some computer games and online gaming, for example, are age restricted. • That the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • How to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • Where and how to report concerns and get support with issues online.
Physical health and fitness	<ul style="list-style-type: none"> • The characteristics and mental and physical benefits of an active lifestyle. • The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • The risks associated with an inactive lifestyle (including obesity). • How and when to seek support including which adults to speak to in school if they are worried about their health.
Healthy eating	<ul style="list-style-type: none"> • What constitutes a healthy diet (including understanding calories and other nutritional content). • The principles of planning and preparing a range of healthy meals. • The characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).

Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • The facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking.
Health and prevention	<ul style="list-style-type: none"> • How to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • About safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • The importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • About dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. • About personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • The facts and science relating to allergies, immunisation and vaccination.
Basic First Aid	<ul style="list-style-type: none"> • How to make a clear and efficient call to emergency services if necessary. • Concepts of basic first-aid, for example dealing with common injuries, including head injuries.
Changing adolescent body	<ul style="list-style-type: none"> • Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • About menstrual wellbeing including the key facts about the menstrual cycle.

RELIGION AND BELIEFS

Pupils attending Heathfield shall be supported to foster a sound understanding and a respectful outlook for different faiths, beliefs and backgrounds.

In the delivery of the RE curriculum the religious background of all the pupils attending Heathfield will be taken into account when planning teaching so that the topics that are included in the core content are appropriately delivered. In this, Heathfield, shall ensure we are compliant with the relevant provision of the Equality Act 2010, under which religious or belief are amongst the protected characteristics.

In all schools, teaching should reflect the law (including the Equality Act 2010) as it applies to relationships, so that young people clearly understand what the law allows and does not allow, and the wider legal implications of decisions they may make.

TRAINING

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

The headteacher will also invite visitors from outside the school, such as school nurses or sexual health professionals, to provide support and training to staff teaching RSE.

MONITORING ARRANGEMENTS

The delivery of RSE is monitored by Corinne Wilkinson, Assistant Head- Pastoral Lead, through:

Planning scrutinies, learning walks, pupil and parent voice, data analysis

Pupils' development in RSE is monitored by class teachers as part of our internal assessment systems.