**Year 4 PSHE and Relationships Programme**

Dear parents and carers,

As part of your child’s educational experience at Worth Valley Primary School, we aim to promote personal wellbeing and development through a taught programme of Personal, Social, Health and Economic (PSHE) education. We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. Our PSHE curriculum looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

Relationships and Health Education has been compulsory in all primary schools since Summer 2021. We pride ourselves on our PSHE curriculum and this updated curriculum has been planned to equip children with the knowledge and skills to safeguard themselves.

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child will cover how to treat each other with kindness, consideration and respect. Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

Through discussion and simple activities, your Year 4 child will be learning:

• To identify a wide range of feelings and recognise that different people can have different feelings in the same situation.

• To give examples of strategies to respond to people being bullied, including what people can do or say.

• To understand and identify stereotypes, including those promoted in the media.

• To identify the people who help them to stay healthy and safe.

• To define the terms ‘danger’, ‘risk’ and ‘hazard’ and explain the difference between them.

• To understand that medicines are drugs and explain safety issues for medicine use.

• To understand that the body gets energy from food, water and oxygen and that exercise and sleep are important to our health.

• To recognise that we have different types of relationships with people we know.

• To explain what we mean by a ‘positive, healthy relationship’.

• To recognise that there might be times they need to say ‘no’ to a friend.

• To recognise that marriage is a commitment to be entered into freely and not against someone’s will.

• To define the terms ‘secret’ and ‘surprise’ and know the difference between a safe and an unsafe secret.

• To understand how the onset of puberty can have emotional as well as physical impact.

• To understand that they have the right to protect their personal space.

We recognise that parents play a vital part in their child’s Relationships and Health education and we would encourage you to explore these themes with your child at home as well. If further advice or support is required please do not hesitate to speak to your child’s class teacher or the Headteacher.

If you have any questions about the programme and resources or would like to view the resources, please do not hesitate to contact Mrs Batey, our PSHE lead.

Yours Sincerely



Miss Lodge

Headteacher