



Friday 23rd October 2020

Dear Parents and Carers,

As a part of your child's education at Barlby Primary School, we deliver a comprehensive Personal, Social, Health Education (PSHE) programme, which aims to develop knowledge, understanding, attitudes and practical skills for our children to lead safe, healthy, independent lives. The National Curriculum is continually developing in order to reflect the challenges and opportunities of an increasingly complex world for children and young people. Recently we have been working on adapting our PSHE curriculum to meet new statutory requirements that are compulsory for schools from the academic year 2020-2021 onwards.

As a school we have already been teaching much of what is now legally required, however under the new guidance we will now be placing more emphasis on:

- **Online Safety** - this is something that we continue to need parental support with. Our pupils' use of technology in the home is increasing and frequently they surprise us with their ability to navigate the online world better than most of us adults. We usually offer parent workshops on online safety however due to Covid we are unable to this year, instead please see the links on the back of this letter. We strongly encourage you to take an active part in ensuring your child's online safety out of school. In school we will continue to teach online safety in PSHE lessons with cross-curricular links to Computing lessons in all year groups.
- **Mental Health** – this is now considered as important to teach as physical health. Therefore as well as learning about healthy diets and lifestyles the children will also learn about emotional regulation and what impacts this, including the internet/social media. In 2019 we became a Mind Up school and since then the children have become more aware of the mind, decision making and taking 'brain breaks'.

What has stayed the same with the PSHE curriculum at Barlby?

- **Relationships Education** – as in the past, this continues to be taught from Nursery to Year 6 whereby pupils are taught about families, people who care for them, caring friendships, staying safe and respectful relationships, in age-appropriate ways.
- **Sex Education** – as in the past, this continues to be taught in years five and six only. When your child is in these year groups you will be invited to attend a meeting to discuss the content of the lessons and any questions you may have. If after attending such a meeting you decide to withdraw your child from these lessons then you may do so. Typically, lessons cover: 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.

The new statutory guidance does not impact the existing programme for Relationships and Sex Education at Barlby Primary School and we will continue to teach these topics in a developmentally and age-appropriate manner that is sensitive to the needs and backgrounds of all our pupils and families.

As a school community we are committed to working in partnership with parents to equip our pupils with the skills and attributes they will need to thrive as individuals and members of society. We strive to help the children develop the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed, active, responsible citizens.

One of our Barlby values is Respect and an essential part of our school ethos is that all pupils at Barlby know that they are valued. No member of the school community should be treated unfairly because of their sex, race, disability, religion or sexual orientation.

PSHE is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: (www.barlby.rbkc.sch.uk) for more detail about our PSHE curriculum and our PSHE and RSE policies.

Yours sincerely,

Melissa Goodwin

PSHE Subject Lead

We have always run e-safety workshops for parents several times a year however due to restrictions in place because of Covid 19 that will not be possible this year. Keeping your children safe online is more important than ever. Please look at these websites for information and advice and do ask if you need further guidance.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

<https://www.childnet.com/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/>

<https://www.thinkuknow.co.uk/>

Once you have read our RSE and PSHE policies and the outline of PSHE teaching on our school website you are invited to complete this online survey to share your views in response:

<https://www.surveymonkey.co.uk/r/Y9QYXJY>

The survey will be open until Sunday the 1st of November. Views will be collated and a response given on behalf of the school.

Rachael Stone
Assistant Headteacher