



**Cuddington Primary School**

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Headteacher: Mrs S Mills

Friday 20<sup>th</sup> November 2020

Teaching HRE (Health and Relationships Education)

Dear Cuddington Parents,

As you may be aware, we usually teach our children HRE during the summer term of the year that they are in. Due to the Covid 19 pandemic, we were unable to do this during the summer term of 2020.

We will therefore be teaching the content your child has missed over the next 3 weeks. For example; Year 6 children will be taught the Year 5 content, Year 3 will be taught the Year 2 content and so on.

Please see below the content in the lessons your child will be taught

Year 2 will be taught;

- **Keeping Clean** (the importance of keeping ourselves clean)
- **Growing and Changing** (how babies change into children, then into adults)
- **Families and Care** (exploring different families)

Year 3 will be taught;

- **Differences; Boys and Girls** (male/female stereotypes and differences).
- **Differences; Male and Female** (the differences between males and females/life cycles)
- **Naming the Body Parts**

Year 4 will be taught;

- **Differences; Male and female** (naming of male and female body parts)
- **Personal Space** (exploring how we can touch and not touch and what to do if we are uncomfortable)
- **Family differences** (Understanding that families are different and have different family members).

Year 5 will be taught;

- **Growing and Changing** (know that during puberty the body changes from a child into a young adult. Understand why the body changes at puberty)
- **Body Changes and Reproduction** (as above)
- **What is Puberty?** (learning about the physical changes in puberty)



Year 6 will be taught;

- **Talking about Puberty** (To explore the physical and emotional changes in puberty)
- **Male and Female changes** (to look in more detail at the male and female changes during puberty)
- **Puberty and Hygiene** (understanding the importance of physical hygiene during puberty).

With this letter, I have also attached a parent guide written by the Department of Education which will highlight how the teaching I have set out for you is just 1 aspect of your child's Health and Relationships Education.

For example, as part of Health Education your child also learns about;

- **mental wellbeing**
- **internet safety and harms** (in Computing)
- **physical health and fitness** (in PE)
- **healthy eating** (in Science and Design Technology)

In Relationships education, your child will also learn about the following through our No Outsiders programme and through Philosophy for Children (P4C)

- **families and people who care for me**
- **caring friendships**
- **respectful relationships**
- **online relationships**
- **being safe**

Some content in some year groups may raise further questions at home; We would encourage continued dialogue around these subjects in the way that you may talk openly about History or English, Maths or PE.

If you have any further questions you would like to raise, please email your class teacher in the first instance.

We are currently looking to review our current policy in line with new guidance from the Department for Education. In consultation with governors, staff and parents, we may make changes to our delivery. Any changes, will of course be shared with you beforehand.

### Reception and Year 1 Children

We are not forgetting about our youngest children – HRE becomes a statutory requirement for children in Year 1 and above. Our Year 1 children will be taught the Year 1 content in the summer term, but may cover other areas through our Health and Relationships education. Our Reception children will then be taught specific content when they are also in Year 1. However, they will be immersed in understanding relationships with their peers and their known adults through the PSED aspect of Development Matters.

Yours sincerely,

Mrs S Mills  
Head Teacher

