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Dear Families,

At Swaffham Primary Academy we teach RSHE throughout the year, interwoven with our PSHE curriculum. RSHE stands for Relationships, Sex and Health education. PSHE stands for Personal, Social, Health and Economic education. We would like to share some information about Pol-Ed, an educational programme used at Swaffham Primary Academy. Pol-Ed is a resource created by West Yorkshire Police and specialist teachers to support schools in delivering PSHE and RSHE. It provides age-appropriate lessons and assemblies that help children and young people understand how to stay safe, make positive choices, and develop important life skills.

All materials are written by experienced teachers, working in collaboration with the police, local authorities, and other partners, to ensure the information is accurate, relevant, and appropriate for children and young people.

Pol-Ed is designed to support schools in meeting statutory requirements for PSHE and Relationships and Health Education, while also responding to real issues affecting young people in local communities.

Lessons are delivered by school staff in a safe and supportive environment, where pupils are encouraged to ask questions, discuss ideas, and develop their understanding in a way that is appropriate to their age.

The vast majority of RSHE is a compulsory part of the National Curriculum meaning families have no right to withdraw from Relationships Education or Health Education. You are only able to request that your child is excused from sex education, taught in Year 6, although this excludes the compulsory part of the science curriculum, which covers 'reproduction' in age-appropriate ways.

If you wish your child to be excused from some or all of the non-statutory sex education, you should put this in writing to the Headteacher, making clear which aspects of the programme you do not wish your child to participate in and the reasons why.

You can find your child's PSHE and RSHE curriculum overview on the next page. We have also shared a helpful family flyer all about our curriculum.

Mrs N Kaye

Headteacher

'With knowledge anything is possible'

Our vision: To inspire children, their families and staff to **SHINE LEARN BELIEVE BELONG** so our children can achieve their very best, leaving us as confident, happy resilient learners.

Our RSHE Curriculum

	Conversation	Culture	Conflict	Communication
EYFs	Understanding the Law What are rules? What are consequences? What can I do if I'm feeling big emotions? Keeping Safe How can I keep safe at school? How can I keep safe at home?	Keeping safe How can I play safely? Relationships How can I be a good friend? How can I make other children feel happy? How can I play nicely with others? How can adults at school help me?	Understanding the Law What are the police and how do they help us? Well-being How can I be a germ buster? How does food help me? How does exercise help me?	Pants are private NSPCC pantosaurus
Year 1	Relationships What is bullying? Keeping Safe How can I keep safe in new places? How can I speak up? How can I use things at home safely? What is 999? What is private information? Who are my trusted adults	Relationships How can I be an ally? How can I make friends? What if my friends are making me sad? Why are safe hands important? Why is name calling unkind?	Understanding the Law How can I be responsible? What can happen when rules are broken? What do the police do? Why have different rules in different places?	Revisit pantosaurus Using scientific names for external genitalia penis and vulva Well-being What makes me special? What do feelings feel like? How can I share my feelings? How can I be an empathy expert?
Year 2	Understanding the Law What are needs and wants? What is a job? What is money? What is the internet? Why does age matter?	Relationships How are we the same? How are we different? How can I work with d please can you also create a leaflet or poster about this thank you different people? How do I share family worries? What is a family? Why are relationships important?	Keeping Safe How can I keep safe online? What are different types of meetings? What are medicines? What is fire safety?	Relationships What are private body parts? Well-being How do I deal with change? How do I look after my body? What are the risks of video gaming? What does it mean to be healthy? When do I need to take a break? Why is sleep important?
Year 3	Relationships How should we treat people? What can I do when friendships go wrong? What do we mean by consent in friendships? What is bullying? Who are my key people? Understanding the Law What are children's rights?	Understanding the Law How can I be a responsible citizen? How do we enforce the law? What is the law and why do we have it?	Keeping Safe How can I share my worries? What are emergency services? What are emergency situations? What do we mean by risk? When should I break a secret?	Well-being What am I good at? How can intense feelings feel? What words can I use to talk about my feelings? How can vaccinations support our health? How does school help me?

Year 4	Relationships How can we be role models? What is a healthy friendship? What is discrimination? What is diversity? What is peer influence Who makes up my community?	Understanding the Law How can I respect my environment? What are protected characteristics? What can I be? What is a hate crime?	Keeping Safe How can I keep safe in my local area? How can we keep safe on the road? What hazards are in the home? What is first aid? Who do I encounter?	Well-being Why is food fuel? How do my choices help me to be healthy? What are healthy habits? How can I be a hygiene hero? How does school build my character? What is my body trying to tell me?
Year 5	Keeping Safe How can we keep our things safe? How can we use our phones sensibly? What are the risks with money? What do I know about drugs? Why are our special people important? What is media literacy?	Relationships How do my words have power? What are online friendships? What is media influence? What is peer pressure? Understanding the Law What can and can't I do on the internet? Keeping Safe What are deep fakes?	Relationships How can my adult relationships affect my future? What is grooming? Understanding the Law How do rules help our community? What is gambling?	Well-being What is my personal identity? How might puberty impact the way I feel? How might being online impact the way I feel? How might my activity levels impact the way I feel? How might school impact the way I feel? How can drugs and alcohol make people feel?
Year 6	Keeping Safe Bonfire night Halloween Understanding the Law What different types of crime are there? What does the law say about legal drugs? What does the law say about marriage? What is a weapon? What is antisocial behaviour? What is shop theft?	Relationships How can we be allies against racism? How can we challenge sexism? How can we respect different relationships? What is a debate? What is my relationship with authority?	Keeping Safe How is my data shared? What is spiking? What is the issue with addiction? (Vaping/smoking) Why does media have age restrictions?	Wellbeing What does adulthood look like? How can I reframe my thinking? How can I seek support for my mental health? How can I manage moving to high school positively? What is grief? Relationships How can I get ready for secondary relationships? How do humans sexually reproduce?