



ALL SAINTS SCHOOL  
School Road, Lessingham, Norwich, Norfolk  
NR12 0DJ  
01692 582083

[www.allsaintslessingham.co.uk](http://www.allsaintslessingham.co.uk)

E-mail: [office@allsaintslessingham.co.uk](mailto:office@allsaintslessingham.co.uk)

## **ACHIEVEMENT FOR ALL**

Directors: Mrs R Smith and Mrs J Gardiner

Headteacher: Ms S Dangerfield



Tuesday 21<sup>st</sup> May 2024

Dear Parents and Carers,

As a part of your child's education at All Saints School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives young people the knowledge, understanding, strategies and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the next 6 weeks, starting on the week beginning 3<sup>rd</sup> of June, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. RSE lessons in Lower Juniors will include topics that you may find in the table on the reverse of this letter.

Pupils will also have opportunities to ask questions. These sessions have been planned in line with Government guidance but will be delivered with our usual awareness of individual needs.

If you would like to find out more, we encourage you to ask questions, via email or phone call.

Yours sincerely,

Sylwia Czubaj

Lower Junior Class Teacher

	<b>My feelings</b>	<b>My body</b>	<b>My relationships</b>	<b>My beliefs</b>	<b>My rights and responsibilities</b>	<b>Asking for help</b>
Year 3	Identify those their strengths and set aspirational goals for themselves	Pupils know how their body may change as they grow and develop, how to care for their body and celebrate their uniqueness.	Pupils can recognize a wide range of relationships, including the attributes of positive healthy relationships.	Pupils can challenge gender stereotypes, understanding that there is not one way to be a boy, or one way to be a girl.	Pupils understand the right to protect their body from unwanted touch.	Pupils can identify the difference between secrets and surprise, knowing when it is right to break confidence and share a secret.
Year 4	Pupils can recognise and respond to a wide range of emotions in themselves and others, and ways to respond.	Pupils can reflect on how their body has changed and anticipate body changes, understanding that some are related to puberty.	Pupils are able to judge what kind of physical behaviours and contact are acceptable and unacceptable, and ways to respond.	Pupils recognize differences and similarities between people arise from a number of factors including family and personal identity	Pupils know marriage is a commitment freely entered into by both people, and that no one should marry if they don't absolutely want to or are not making the decision freely for themselves	Pupils can recognize when they might need help to manage a situation and have developed the skills to ask for help
Year 5	Pupils can anticipate how their emotions might change as they approach and move through puberty.	Pupils can anticipate how their body may change as they approach and move through puberty.	Pupils can identify healthy relationships and recognize the skills to manage and maintain healthy relationships.	Pupils know the correct terms associated with gender identity and sexual orientation, and the unacceptability of homophobic and transphobic bullying.	Pupils have strategies for keeping safe online knowing personal information including images of themselves and others can be shared with their permission.	Pupils have considered how to manage accidental exposure to explicit images and upsetting online material including who to talk about what they have seen.