



Part of the
Truro and Penwith
Academy Trust

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**MITHIAN SCHOOL
BUCKSHEAD
ST AGNES
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July 2020

Dear Parents and Carers,

New PSHE curriculum update

You will be aware that, as a part of your child's educational experience at Mithian, we promote personal wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. We currently use the Christopher Winters programme and resources to support our delivery of this.

As you may be aware, from September 2020 the Department for Education is making Relationships and Health Education (Primary) and Relationships Sex Education and Health Education compulsory in all schools. As part of this Healthy Schools have commissioned Brook to create a **PSHE scheme for Cornwall and the Isles of Scilly**. We will be gradually introducing some of the changes throughout the forthcoming school year to incorporate this new plan. The aim of the Cornwall and Isles of Scilly PSHE curriculum is to provide a consistent, high quality PSHE education for all young people across the region. It will mean that key messages will be introduced, reinforced and built upon year on year at developmentally appropriate stages, through a spiral curriculum. In previous years we have run the very successful Christopher Winters' Project. We feel that now a resource has been created for Cornwall and Isles of Scilly we would like to introduce this and believe it would suit the needs of our school and prepare our children in line with other young people locally.

What does the new guidance mean?

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. **This is just as we have done in previous years using the Christopher Winters' resources.** Learning about the emotional, social and physical aspects of growing up, it will give children and young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being.

How will this be delivered?

This guidance will form part of our school's PSHE education programme which is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. **We will use the new Cornwall and Isles of Scilly PSHE Curriculum.** All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values: EMERGE. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally. All of the sessions will be age-appropriate and meet the needs of all pupils in the class.

The curriculum is divided into three core themes, which run throughout the key stages:

- 1. Health and Wellbeing** – including lessons on mental health, lessons on puberty and the changing body, dental health, benefits of keeping active and healthy eating
- 2. Relationships** – including lessons on respectful and healthy relationships – on and offline, kindness and sex education
- 3. Living in the Wider World** – including lessons on career planning, financial literacy and lessons exploring our rights and responsibilities

In each academic year the curriculum has been programmed into half terms with two suggested PSHE lessons to teach within that half term (one lesson in the final summer term). The lessons have been sequenced to reinforce learning and build on knowledge; however, staff will use the curriculum to meet the needs of our school and cohorts, adapting it as required.



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At Mithian due to mixed age classes we run a two year rolling programme across our curriculum; this will continue to be the same when teaching PSHE.

2020-2021: Class 3 Y1 content, Class 2 Y3 content and Class 2 Y5 content.

2021-2022 Class 3 Y2 content, Class 2 Y4 content and Class 1 Y6 content.

This ensures all content is covered at Key Stage 1, Lower Key Stage 2 and Upper Key Stage 2. We will ensure that by the end of their Y6 Summer term Y6 will have had experience of all sessions before their transition to Secondary school. It is hoped that the CIOS PSHE scheme will be taken on by all Cornwall schools including Secondary schools as it spans Y7-Y13 too.

An overview of session headings for Y1-Y6 are shown below:

Instructional Planner

Relationships, Health, Living in the Wider World

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Welcome to School	People who care for us	Healthy Friendships	Our Health	We all have feelings	Managing our time safely online: Jessie & Friends 1 Watching videos
	Emergencies and getting help	Rights Responsibilities and respect	Our bodies and boundaries – NSPCC PANTS	Healthy Food Choices	Good and not so good feelings	
Year 2	Respecting Uniqueness	Everyday Safety	Learning About Work	Sharing photos online: Jessie & Friends Sharing pictures 2	Jessie & Friends Playing games 2	Keeping Our Teeth Clean
	Our communities	Basic First Aid	Horrible Hands	Online interactions and information sharing: Jessie & Friends Playing games 1	Big Feelings	
Year 3	World of Work	Road Safety	Physical Activity	The internet and everyday life. Turn off Let's Play	Expressing Feelings	Sun Safety
	Spending and Saving Money	Teamwork Skills	Everyday drugs	Everyday feelings	Strategies to support wellbeing	
Year 4	What makes a good friend	Resolving conflict and managing pressure	Money choices	Safely enjoying the online world. Play, like, share 1 – Alfie	Play, like, share 3 – Fans	The environment
	Respecting Others	Everyday safety and basic First Aid	Volunteering and citizenship	Keeping personal information private. Play, like, share 2 – Magnus	Managing Feelings	
Year 5	A diverse community	Illness	Puberty 1 – bodies and reproduction	Online content	Mental health and keeping well	Risk & peer pressure
	Respectful relationships	Nutrition & healthy eating	Puberty 2 – body changes	Online contact	Managing challenge and change	
Year 6	Different types of families	Keeping your body safe 1	Spending decisions	Online friendships and keeping safe. Share Aware 1- Alex	Social Media	Changing schools
	Healthy / harmful relationships	Consent - Keeping your body safe 2	Exploring risk in relation to gambling	Skills for using the internet safely. Share Aware 2 – Lucy	Feelings and common anxieties when changing schools	

What if I have questions?

To introduce parents to the new overview and to ensure everyone is informed, **we would like to invite you to look on Seesaw at the attachments sent for Autumn 1 learning for Classes 1, 2 and 3 – C1 Y5 content, C2 Y3 content and C3 Y1 content.** All teaching materials that will be used are appropriate to the age and emotional maturity of the pupils concerned and the teachers will present the programme in an objective, balanced and sensitive manner. Classteachers will let parents know via Seesaw which week/s sessions will run and will give you an opportunity to view any other materials and resources being used in lessons and help you to discover how you can best support your child to discuss these topics at home. Please contact your child's classteacher about viewing resources. These updates and opportunities for looking at resources will continue for each new topic.

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. If you wish to withdraw your child from all or part of the school's sex education programme please contact school and your child's class teacher before the programme starts in the Autumn term 2020. Staff will be happy to discuss any concerns you may have.

Schools are required to consult with parents when developing and reviewing their policies on Relationships Education. You can express your opinion and this will help school to decide how and when to cover the statutory guidance and also whether to teach additional non-statutory content. A sample of parents have been selected to ensure we have feedback from across the school.

We really appreciate the parental support we have had for our PSHE/SRE programmes in the past and look forward to working with you and the children with this new plan. Feedback from parents has indicated the overwhelming majority continue to be highly supportive of the relationships and sex education programme. If you would like to know anything more please contact us via Seesaw admin.

Yours sincerely,

Miss Eva (PSHE co-ordinator) and *Mrs Garbett* (Headteacher)

The guidance for schools and parents can be found at:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>.

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf



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