

Relationships and Health Education

We want all children at St George's to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from Summer 2021, all children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated - these changes bring the content into the 21st century, so that it is relevant for your child.

Our curriculum has the flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of our pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, we will cover how to treat each other with kindness, consideration, and respect.

By the end of primary school, pupils will have been taught content on:

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

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms

- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol, and tobacco
- health and prevention
- basic first aid
- changing adolescent body

We are running a parent workshop on Zoom for you to know what is being covered in your child's year group, why it is being covered and provide you with the opportunity to raise any queries. This year's meetings will be held on **Wednesday 23rd June at 7:00pm**. We look forward to seeing you.

Zoom Codes

Meeting ID: 839 0079 0118

Passcode: PSHE