



Westlea Primary Parents' and carers' guide for Relationships, Sex and Health Education (RSHE).

From the academic year 2020-2021, all primary schools in England **must** teach Relationships and Health Education. The government has set out guidance about what they expect children to know by the time they leave primary education, but it is up to schools to decide how they will teach this.

Many schools will have been teaching these topics for a number of years and at Westlea we use a comprehensive PSHE programme called '**One Decision**' to support the teaching of this subject from Early Years to Year 6. One Decision supports us in the teaching of PSHE, and the new expectations for Relationships Education, in a *sensitive* and *age-appropriate* way. As with other subjects, we will work hard to make sure the lessons meet the needs of our children. ***The topics are really important in helping children deal with current experiences and also to prepare them for the next stage of their education and ultimately for adult life.***

Our whole school aim:

"At Westlea Primary School we learn together to achieve success for all, based on high expectations and equality of access for all. We nurture the growth of the whole child – academically, artistically, socially, emotionally, morally and physically – celebrating all achievements in a safe, caring, inclusive and creative environment. The whole team works together to bring learning 'alive' and extend pupil experiences so that they are well prepared for the next steps in their education."

Schools and the government recognise the important role you play in educating your children and this is especially true for RSHE. It is important that children can discuss and ask questions both at home and at school.

What will my child be learning about?

The One Decision lessons cover the statutory requirements and have been carefully planned to be age-appropriate. They also give the opportunity for children to revisit topics in different year groups. This is important as they will learn more and see things differently as they mature. 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. We aim 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. (PTO for further information about the areas covered within each theme.)

The lessons are divided up into different overarching themes and they will give children the opportunity to increase their knowledge and understanding of the topic. The children will also be able to explore their feelings and ideas about topics and listen to the views of other people. The overall aim is for children to be able to make their informed choices and decisions.

Will my child have to take part?

The teaching of relationships and health education is **statutory** and therefore all children should be taught it. As with any other subject, teachers will ensure that the lesson is taught in a way which means children of all abilities will learn. The government is very clear that they want children with special educational needs (SEN) to be included in these lessons. As a parent you do not have the right to withdraw your child from any of the statutory content on either relationships or health. You only have the right to withdraw your child from the sex education content that we choose to teach, *apart* from National Curriculum Science. It is recommended that you talk to your child's school about this before making a decision.

Parents and carers are sometimes concerned about the conversations children may have in RSHE lessons, but teachers have lots of ways to make sure children are safe in these lessons. For example, they will have ground rules to make sure children feel confident to share their ideas, they will use things like puppets and stories, so children are discussing a made up characters' experiences rather than their own. They also know the children in their class well and will have a sense of their needs and ***what they teach will be age-appropriate.***

It is important to balance what children know already and to prepare them for the future. Discussing issues in the safe learning environment of the classroom before they experience them in real life is very valuable for children.

We will be very happy to share more information with you on how they approach these topics.

Our One Decision Programme

Early Years



Through stories and fun activities the children are introduced to our colourful Rainbow Drop characters. Throughout these sessions the Rainbow Drops will go on many adventures and learn a lot about the wider world that they live in.

In October 2020, the One Decision Early Years programme received a Teach Early Years Award in the "Healthy and Happy" category.

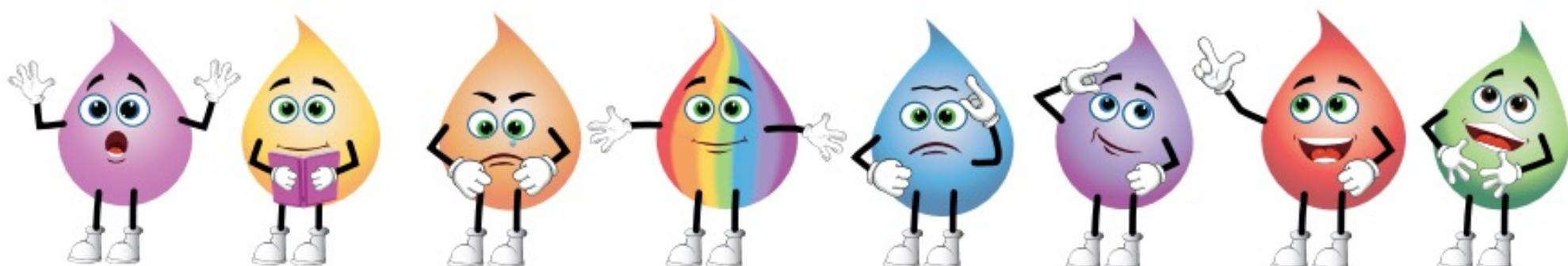
Read-to-Me Storybooks	Talking Cards
Animated Storybooks	Mindfulness and Mini Yoga Videos
Dilemma Drops	Phonics
Sorting Cards	Flash Cards
	Extra Activities
	Posters



One Decision provides a range of resources for us to use. *Some* examples of the animated storybooks are shown below:

Resource: Animated Storybooks and Read-to-Me Storybooks

	Orange Feels Worried Orange has a worry; she can feel it in her tummy. During this story, Orange learns how speaking about her worry can help her manage and even overcome this feeling.		Purple's Pet Bird Purple's Pet Bird, Rico, has been feeling poorly. Sadly, Rico passes away. Purple, together with her family, work through her feelings. They create a lovely memory box and share great memories together.
	Orange Moves House Orange and Green are best friends. They live next door to each other. One day, Orange learns that she will be moving. How will the drops stay friends?		Purple is Poorly Purple has chicken pox. During this story, Daddy and Purple will visit the doctor's surgery and the pharmacy on her journey to feeling better.
	Orange Sleeps Over Orange is having a sleepover. During the evening, she becomes very upset because Green sleeps with the light off. During the story, Orange learns how to share her feelings with a trusted adult.		Purple Watches the News Purple's Mummy is watching the news. Overhearing one of the stories, Purple starts to feel upset. During this story, Purple shares her feelings and Mummy helps her to feel better.
	Orange Helps Out After Red helps Orange with her painting, Orange gets the chance to help Red. They both get gold stars for kind and helpful behaviour.		Purple the Passenger Purple and Mummy are travelling in the car to visit Grandad. During this story, Purple learns that she needs to behave and not distract a driver when they are driving.
	Orange Brushes Her Teeth Orange doesn't like brushing her teeth. During this story, she will find out more about why it is important that she takes the time to brush her teeth in the morning and at night.		Why Does Purple Play Differently? Purple is autistic. During this story, the teacher, Mr Hart, helps the other drops understand why Purple is allowed her special toy on the carpet.



One Decision. 5-8 year olds.



The core of our One Decision programme is a series of videos with alternative endings. These videos encourage and empower students to make positive choices and decisions for the characters, whilst learning the vocabulary, skills, and knowledge to support their own decision making now and in the future.

Throughout the 5-8 modules, our character Deedee will introduce the videos, guide students through the lesson guide activities, and encourage good decision making inside and outside of school.

Each module within our 5-8 portal provides on-screen assessment and lesson guides, word banks to reduce barriers to learning, documentaries and videos with alternative endings, downloadable teacher's notes and activity worksheets, student self-assessments, and more.



Our 5-8 modules/topics

For more information on our resources, please visit: www.1decision.co.uk

Keeping/Staying Safe

- Road Safety
- Leaning Out of Windows
- Staying Safe
- Tying Shoelaces

Keeping/Staying Healthy

- Healthy Eating
- Brushing Teeth
- Washing Hands
- Medicine

Relationships

- Bullying
- Body Language
- Friendship
- Touch

Being Responsible

- Practice Makes Perfect
- Helping Someone in Need
- Stealing
- Water Spillage

Feelings and Emotions

- Jealousy
- Worry
- Anger
- Grief

Computer Safety

- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

Our World

- Growing in Our World
- Living in Our World
- Working in Our World
- Looking After Our World

Hazard Watch

- Is it safe to eat or drink?
- Is it safe to play with?

Special Edition Module - Fire Safety

- Hoax Calling
- Petty Arson
- Enya and Deedee Visit the Fire Station
- Texting Whilst Driving

One Decision. 8-11 year olds.

Similar to the 5-8 year old module, the core of our 8-11 year olds programme is a series of videos with alternative endings. These videos encourage and empower students to make positive choices and decisions for the characters, whilst learning the vocabulary, skills, and knowledge to support their own decision making now and in the future.

The 8-11 year olds will get to know our character Darlee, who will introduce the videos, guide students through the lesson guide activities, and encourage good decision making inside and outside of school.



Darlee

Each module within our 8-11 portal provides on-screen assessment and lesson guides, word banks to reduce barriers to learning, documentaries and videos with alternative endings, downloadable teacher's notes and activity worksheets, student self-assessments, and more.

Our RSHE curriculum is also enhanced by lessons in other subjects, e.g. science, as well as visitors to the school, e.g. the school nurse.

Our 8-11 modules/topics

For more information on our resources, please visit: www.1decision.co.uk

Keeping/Staying Safe

- Cycle Safety
- Peer Pressure
- Water Safety
- Keeping/Staying Safe Documentary

Keeping/Staying Healthy

- Healthy Living
- Smoking
- Alcohol
- Keeping/Staying Healthy Documentary

Growing and Changing

- Relationships
- Puberty
- Conception
- Growing and Changing Documentary

Being Responsible

- Coming Home on Time
- Looking Out for Others
- Stealing
- Being Responsible Documentary

Feelings and Emotions

- Jealousy
- Anger
- Worry
- Feelings and Emotions Documentary

Computer Safety

- Online Bullying
- Image Sharing
- Making Friends Online
- Computer Safety Documentary

The Working World

- Chores at Home
- Enterprise
- In-App Purchases
- The Working World Documentary

A World Without Judgement

- Breaking Down Barriers
- Inclusion and Acceptance
- British Values
- A World Without Judgement Documentary

All of the materials we use in school are age-appropriate. Our updated PSHE policy is available for further information on the teaching of PSHE at Westlea Primary School. <http://www.westleaprimarieschool.com/wp-content/uploads/sites/209/2020/11/RSE-policy-2020.pdf>



More information on the One Decision programme can be found here:

<https://www.1decision.co.uk/about/our-modules>



More details about what primary schools must teach for Relationships, Sex and Health Education can be found here: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>