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*'A caring school where every child matters' (OFSTED)*

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## Relationships and Health Education 2019

Dear Parents,

'Spring Fever', the Relationships programme that we have followed at Newburgh Primary School for the past few years has now become 'All About Me'.

Warwickshire County Council's Public Health have been supporting schools to deliver the Spring Fever programme across the county for over 5 years and we are currently one of over 100 schools running the programme. In light of the upcoming changes to Relationship and Sex Education (RSE) by the Department of Education, Public Health have updated their programme and the resources we use in school.

The new programme will still be based on the same ethos and evidence that supported the Spring Fever programme, whilst also incorporating much of the learning and evidence accumulated over the last five years. There will be much stronger links and reinforcement of the Key Messages from Warwickshire's Protective Behaviours - Taking Care Programme and the NSPCC Pants rules. The most exciting development will be a website especially designed to support parents and carers. Here you will find information about the programme, including information on every lesson delivered, samples of resources, as well as a section of FAQ to offer advice and help you answer your children's questions, plus a list of helpful books that are recommended. This should be ready for the summer delivery of the programme and I will inform you as soon as it is available. In the meantime I will place an overview for each year group on the Newburgh Primary School website.

Similar to Spring Fever, the new programme is still designed to be delivered over a single week, with a lesson a day across all year groups from Reception to Year Six. The new programme is split into five new learning strands, with a lesson from each being delivered to every year group:

All About Me explores issues of personal identity - looking at what makes you - you. Looking at similarities and differences, the important people and influences in their lives and helping to build confidence and self-esteem.

My Relationships explores children's families and friendships, encouraging them to develop the skills to manage and better understand these relationships in the real world and online.

My Body helps children understand their body, including their private parts; explores body autonomy, privacy and nakedness. From Year 4 onwards children will learn about the change that take place to girls and boys during puberty.

My Thoughts, Feelings & Behaviours encourages children to develop emotional literacy skills, including understanding their own and other's emotions, developing empathy and understand how their behaviour can affect the people around them.

My Choices & Personal Boundaries explores concepts of consent and personal boundaries. Children will understand that we like to be touched in different ways (such as a hug) and that people have the right to choose how they like to be touched and by whom.

Despite the fact the programme is a relationships and sex education programme, there is still very little 'sex' in the programme - and these lessons are surrounded by information around healthy relationships, self-esteem and emotional literacy. However, one key change we have made is that all the lessons are pupil led, ensuring that children are only told the information they are ready for - and that the information they are given is age appropriate to them. Under the new guidance for RSE, Relationships Education and Health Education will be statutory subjects from September 2019, meaning that parents will not be able to opt their child out of these lessons. Parents will retain the right to opt their child out of sex education lessons as under the new guidance these are recommended but not statutory. With this in mind there will be three lessons that parents will be able to opt their child out of should they decide, the rest of the programme meets the new statutory guidance.

Finally, we know that by giving children this information, building on simple messages, year after year we can ensure that children grow up safe, with healthy relationships, better able to manage their emotions and most importantly to ask for help when they feel they need it.

All staff have received training to deliver the new programme and we have made certain adjustments that we feel are necessary to best meet the needs of our pupils e.g. where material goes beyond what we feel is necessary, we have edited the content.

If you would like a closer look at some of the resources we will be using I will be hosting 'drop in' sessions on Thursday 23rd May between 9am-10am, 2pm-3pm and 5-6pm. It would be helpful to know numbers in advance so that I can provide enough biscuits! Please email me on [admin2325@welearn365.com](mailto:admin2325@welearn365.com)

Please make an appointment with your child's class teacher if you would like an opportunity to talk through the programme further.

'All About Me' will be delivered across the school, by class teachers, from Reception to Year 6, during the week beginning the 3rd June 2019.

Kind regards,

A handwritten signature in black ink, appearing to read 'J. Simpkins', written in a cursive style.

Mrs J Simpkins  
Headteacher