



# St Oswald's Worleston CE Primary

Church Road, Aston Juxta Mondrum, Nantwich, CW5 6DP  
01270 623826

Executive Head Teacher: Mrs Nicola Badger  
Principal: Mrs Louise McDonough  
principalstoswalds@rcsat.cheshire.sch.uk  
admin@stoswald-worl.cheshire.sch.uk

**'A Caring Christian Family Where We Grow Together'**



8<sup>th</sup> June 2023

Dear Parents/Carers,

At St. Oswald's, we pride ourselves in ensuring that not only do we have an extensive academic curriculum full of enriching opportunities but also put great emphasis on our PSHE (Personal, Social, Emotional and Health education) Curriculum. Through our PSHE curriculum we are able to support our learners to develop into confident, resilient, respectful and well-rounded young people.

Taught through the use of Heartsmart, No Outsiders and Christopher Winters, our PSHE curriculum builds through the school year by exploring the following areas linked to the Unicef Rights of a Child:

**Autumn** - The Right to be me

**Spring** - The Right to Learn

**Summer** - The Right to be Safe and Healthy

Within our PSHE programme we have embedded the Relationship and Sex Education programme (RSE). This is taught throughout the year, however during the Summer Term 2 (the current half term) within the theme of The Right to be Safe and Healthy we have a focus on sex education. During this half term, the units below will be taught.

At St. Oswald's, we have provided relationship education and will continue to do so with using the age-appropriate Christopher Winter's resources in the second half of the summer term that are designed specifically for the Primary age range of children. The updated materials this year ensure our curriculum meets revised government requirements. These resources deliver content that is both age appropriate and developmentally appropriate. Lessons will continue to be taught sensitively and inclusively, with respect to the backgrounds and beliefs of pupils and parents while always with the aim of providing pupils with the knowledge they need.

We believe that to embrace the challenges of creating a happy and successful adult life, pupils need knowledge that will enable them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Everyone faces difficult situations in their lives. Relationship education can support young people to develop resilience, to know how and when to ask for help, and to know where to access support.

We understand that some families can be concerned about what their child will be learning in these sessions and we are more than happy to discuss any concerns or questions you have. Further information can also be found on our school website using the following link.

<http://www.stoswald-worl.cheshire.sch.uk/page/rshe/51129>

Yours Sincerely,  
Louise McDonough

**"Let your light shine" Matthew 5:16**





# St Oswald's Worleston CE Primary

Church Road, Aston Juxta Mondrum, Nantwich, CW5 6DP  
01270 623826

Executive Head Teacher: Mrs Nicola Badger  
Principal: Mrs Louise McDonough  
principalstoswalds@rcsat.cheshire.sch.uk  
admin@stoswald-worl.cheshire.sch.uk

**'A Caring Christian Family Where We Grow Together'**



<b>Sex &amp; Relationships Education</b> <i>Christopher Winters Programme 2022</i>	
R	<p><b>Theme: Family and Friends</b></p> <ul style="list-style-type: none"> <li>To recognise the importance of friendship</li> <li>To recognise the importance of saying sorry and forgiveness</li> <li>To recognise that all families are different</li> </ul>
1	<p><b>Theme: Growing &amp; Caring For Ourselves</b></p> <ul style="list-style-type: none"> <li>To understand that we are all different but can still be friends</li> <li>To discuss how children grow and change</li> <li>To explore different types of families and who to ask for help</li> <li>To identify who can help when families make us feel unhappy or unsafe</li> </ul>
2	<p><b>Theme: Differences</b></p> <ul style="list-style-type: none"> <li>To introduce the concept of gender stereotypes</li> <li>To identify differences between males and females</li> <li>To explore some of the differences between males and females and to understand how this is part of the lifecycle</li> </ul>
3	<p><b>Theme: Valuing Differences &amp; Keeping Safe</b></p> <ul style="list-style-type: none"> <li>To identify that people are unique and to respect those differences</li> <li>To explore the differences between male and female bodies</li> <li>To consider appropriate and inappropriate physical contact and consent</li> <li>To explore different types of families and who to go to for help and support</li> </ul>
4	<p><b>Theme: Growing Up</b></p> <ul style="list-style-type: none"> <li>To explore the human lifecycle</li> <li>To identify some basic facts about puberty</li> <li>To explore how puberty is linked to reproduction</li> <li>To explore respect in a range of relationships</li> <li>To discuss the characteristics of healthy relationships</li> </ul>
5	<p><b>Theme: Puberty</b></p> <ul style="list-style-type: none"> <li>To explore the emotional and physical changes occurring in puberty</li> <li>To understand male and female puberty changes in more detail</li> <li>To explore the impact of puberty on the body and the importance of physical hygiene</li> <li>To explore ways to get support during puberty</li> </ul>
6	<p><b>Theme: Puberty, Relationships &amp; Reproduction</b></p> <ul style="list-style-type: none"> <li>To consider puberty and reproduction</li> <li>Exploring the importance of communication and respect in relationships</li> <li>To consider different ways people might start a family</li> </ul>

**"Let your light shine" Matthew 5:16**

