

May 2025

## Springfield Junior School Pastoral Newsletter

Welcome to our summer 2025 newsletter

Below is what your child will be learning this half-term in their Relationships topic in RSHE. If you would like more information about this term's PSHE syllabus please see your child's teacher.

### Year 3

- family roles and responsibilities
- friendship
- keeping myself safe online
- being a Global citizen
- celebrating my web of relationships.

**Vocabulary:** stereo-type, career, responsibilities, social media, interconnected, appreciation, equality, male, female, online, global, rights

### Year 4

- jealousy
- Love and Loss
- Memories
- Getting on and falling out
- Girlfriends and Boy-friends
- Celebrating my relationships with people and animals

**Vocabulary:** jealousy, acceptance, relief, negotiate, compromise, attraction, despair, loss, shock, numb, love

### Year 5

- know how to make friends
- Try to solve friendship problems when they occur
- Help others to feel part of a group
- Show respect in how they treat others
- Know how to help themselves and others when they feel hurt
- Know and show what makes a good relationship

**Vocabulary:** personal qualities, characteristics, self-esteem, online community, age restrictions, grooming, trustworthy, peer pressure, influences, privacy, settings, troll, risky

### Year 6

- know how to make friends
- Try to solve friendship problems when they occur
- Help others to feel part of a group
- Show respect in how they treat others
- Know how to help themselves or others when they feel upset or hurt
- Know and show what makes a good relationship

**Vocabulary:** mental health, stress, anxiety, support, self-care, coping, power, control, assertive, self-control, judgement, cyber bullying, grief

### What is RSHE?

RSHE is lifelong learning about physical, moral and emotional development.



Through RSHE children learn about relationships, diversity, respect, healthy lifestyles, safety, the body and how it changes, reproduction and birth in a sensitive and age-appropriate way.

## Heads Up

Next half-term your child will begin the Changing Me topic which covers the statutory Relationships, Sex and Education content. If you would like further information on what your child will learn within these lessons you are welcome to attend an information session on Thursday 22nd May at 3.30pm or speak to your child's class teacher who will be able to share the lesson content with you.

## Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age 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.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its 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, your child's school 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

You can find further detail by searching '**relationships and health education**' on GOV.UK.

### 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

You can find further detail by searching '**relationships and health education**' on GOV.UK.



## Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



## Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.





## Expanding Children's Dreams and Aspirations



As many of you are aware from previous correspondence, this year we began looking at how we as a school could begin to enhance children's personal development by creating a database of professionals from a range of fields, who would be interested in coming into school and sharing insights about their careers.

We believe that early exposure to different careers plays a key role in broadening children's horizons, challenging stereotypes, and helping them make connections between their learning and the world beyond the classroom. Research shows that children begin forming ideas about the world of work at a young age, so it's vital to offer positive experiences that spark curiosity and raise aspirations.

Our goal is not to provide specific career advice, but rather to inspire children by introducing them to a wide variety of professions and possibilities. By showing them the many different paths available, we aim to keep their options open and encourage them to dream big. Additionally, early exposure to professional environments helps foster important skills, attributes, and behaviours that will benefit them as they move into secondary education and beyond.

We have had a number of parents offer their time and expertise and we hope to invite some of these professionals in to inspire our children over the coming terms.

If you, or someone you know, would be willing to come into school and speak to the children about your profession, we would greatly appreciate it and will add your details to a school database that the teachers are able to access. Please don't hesitate to get in touch if you feel this is something you would like to get involved in: [6rl@springfieldjuniors.net](mailto:6rl@springfieldjuniors.net)

### Explorer Arabella Slinger set to inspire ambition



**On Monday, May 19th, Springfield Junior School will have the privilege of welcoming a truly inspirational guest.** Arabella, an extraordinary adventurer who has journeyed to both the North and South Poles and scaled some of the world's most challenging mountains, will be visiting our school. She will share captivating stories of her expeditions, her resilience in the face of setbacks, and how she turned obstacles into motivation. We hope her visit will ignite the spirit of adventure and determination in a new generation of Springfield explorers.