



Health Education

Statutory Health Education

What Pupils will learn?

- Characteristics of good physical health and mental wellbeing.
- How to make good decisions about their own health and wellbeing.
- Healthy Eating
- Facts and risks associated with drugs, alcohol and tobacco.
- Basic First Aid
- To recognise issues in themselves and others, and to seek support as early as possible when issues arise.
- Changing adolescent body
- Digital detox and the risks of excessive use of electronic devices.
- How to stay safe online and equipped to manage common difficulties encountered online.

Why teach it?

A firm foundation in the benefits and characteristics of good health and wellbeing will enable teachers to talk about isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

Health Education (Physical Health and Mental Wellbeing)

The aim of Health Education is to give pupils the information that they need to make good decisions about their physical and mental health and wellbeing.

Pupils' will recognise what is normal and what is an issue in themselves and others, and how to seek support at the earliest stage from appropriate sources.

Puberty, including menstruation, will be covered in Health Education and should, as far as possible, be addressed before children begin puberty.

Non-statutory requirements

Sex education includes puberty, conception, reproduction and birth. Puberty is already statutory under Health Education and National Curriculum Science (so there is no right to withdraw). Birth and reproduction are also included in Science (again, no right to withdraw) and so this leaves conception.

- The Government and local advisors strongly recommend that Albrighton Primary School, after consultation with parents/carers, teaches Sex Education beyond that taught within the science curriculum.
- The school plans to teach about 'how a baby is conceived' in Y6.

- Sex education at Albrighton Primary will be taught by class teachers in age appropriate and mixed gender groupings; in a sensitive way which we believe will help to ready children for their move to secondary school.

Why teach Sex Education in primary school?

- We believe that by teaching this topic here, it will help to equip our pupils for the transition to secondary school where they may learn about sex from less reliable sources such as friends or older children in the playground.
- Our intention is to make these lessons as sensitive to the background of all our pupils as possible and our hope is that they will all remain in the lesson so that they learn facts from a teacher rather than second-hand in the playground.

The lessons will be tailored to the age, physical and emotional maturity of the pupils.

When teachers feel that parents would benefit being made aware of specific lesson content, a letter will be sent home prior to these lessons.