

**Cockfield Community Primary
and Nursery School**
Cockfield
Bishop Auckland
County Durham
DL13 5EN
Headteacher:
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www.cockfield.durham.sch.uk



Dear Parents/Carers,

As part of your child's education at Cockfield Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

You may recall receiving a letter earlier in the academic year regarding your child's class taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme. Unfortunately, due to Covid 19, the delivery of this aspect of the curriculum has been delayed. Now that all of the children are back to school, and are settled in, we would like to start delivering these lessons after Easter.

I would like to take this opportunity to remind parents that pupils will be learning about: Healthy relationships, including friendships; families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. **All of these lessons are age appropriate and are tailored according to the needs of the children.** Pupils will also have opportunities to ask questions and where possible, teachers will answer these in an age appropriate way.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: www.cockfield.durham.sch.uk for more detail about our PSHE curriculum and to access a presentation which provides an overview of RSE. All PSHE and RSE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

As a school community, we are committed to working in partnership with parents. Below you will find some useful websites;

'**parentzone**' has a wealth of information to help families at this challenging time. <https://parentzone.org.uk/>

The **NSPCC** website has a link to the PANTS campaign which may help families with younger children at home. <https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>

Think u know have home activity packs for Early Years and Primary on how to stay safe online. <https://www.thinkuknow.co.uk/parents/support-tools/home-activity-worksheets/>

We thank you kindly for your continued support. If you would like to find out more information or discuss any concerns, please contact school via telephone or email.

Mrs E. Woods

Deputy Headteacher

