



What is it?

Personal Development & Relationships is one of seven health themes that form the Welsh Network of Healthy Schools Schemes.



This encompasses the 2010 Welsh Government recommendations for Sex & Relationships Education (SRE) in schools.



The Welsh Government recommends that all primary schools have a graduated, age-appropriate Sex and Relationships Education programme emphasising the social and emotional aspects of relationships.



Education about Personal Development & Relationships helps pupils to move with confidence from childhood through adolescence into adulthood.



What will be taught?

Glanrafon school has adopted an age appropriate programme for pupils based on national and local guidance. The Sex and Relationships Policy and Child Protection Policy ensure effective arrangements are in place to safeguard and promote the welfare of all pupils.



Education about relationships for pupils in Years 1, 2, 3 and 4 will focus on the building of self-esteem by encouraging pupils to:

- Value themselves
- Recognise and communicate their feelings
- Form friendships and relationships.



Pupils in Years 1, 2, 3 and 4 will also learn to:

- Differentiate between appropriate and inappropriate touching
- Use the correct words to name parts of the body in order to differentiate between male and female. The scientific terms will be used for this activity, which include: penis and testicles for males and breasts and vagina for females.



Pupils in years 5 and 6 will learn:

- The reasons for the physical and emotional changes that take place at **puberty**, including **conception, pregnancy** and **birth**.
- The range of their own and others' feelings and emotions
- The importance of personal safety and what to do or to whom to go when feeling unsafe.



How?

Personal Development & Relationships will be introduced to pupils as part of the:

- Foundation Phase
- Personal and Social Education (PSE) Framework
- Science National Curriculum
- Religious Education National Curriculum



And by using a combination of the following:

- 'Growing Up – Tyfu i Fyny' Resource *developed by Gwynedd Healthy Schools Scheme*
- Sense CD 'Growing Up and Keeping Safe'
- A variety of books
- Social and Emotional Aspects of Learning (SEAL)
- Circle Time activities
- Informally as opportunities arise in the classroom.



A **Class Agreement** will be created before any Personal Development & Relationships Education is delivered and this forms the ground rules for lesson/s.



A **Question Box** will also be in available for pupils in each classroom should they have any unanswered questions or require support.



Open Door Policy

Glanrafon school has an open door policy and there will be opportunities to view and discuss resources used in the delivery of the Personal Development & Relationships programme during the school year.

The Sex and Relationships Education Policy and Child Protection Policy are available to view on request from the school reception.

Should any parents wish to discuss aspects of the programme with a member of staff, please contact the school.



Flintshire Healthy Schools Scheme

The Flintshire Healthy Schools Scheme was launched in October 2000 and is a member of the Welsh Network of Healthy School Schemes funded by Public Health Wales.

The scheme aims to establish a healthy school climate in which improved health and well being is reflected in raised educational standards, and where each member of the school community is valued and supported in their development.

The scheme is committed to the implementation of the Personal and Social Education Framework (PSE), in addition to ensuring that national health priorities are considered in the daily life of the school for pupils, staff and the wider community.



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Personal Development & Relationships



Tyfu i Fyny Growing Up

Information for Parents

The purpose of this leaflet is to outline Glanrafon school's programme for delivering Personal Development & Relationships for pupils in Years 2 - 6.

