



What will the Health part of RHE cover?

The DfE says...

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.

At Meadowfield we have thought carefully about how we teach children about healthy lifestyles and we use the Personal, Social and Health Education (PSHE) curriculum to support this.

In all year groups pupils will...

- Learn what is needed for a healthy lifestyle, mentally and physically
- Learn about how their bodies work and will name parts of the body appropriate to their age
- Learn about how healthy lifestyles contribute to confidence and mental well-being
- Learn to take responsibility for personal choices about healthy lifestyles
- Learn about how to use technology safely to support learning and about ESafety
- Learn about changes to their bodies as they grow up – this will always be age appropriate

Meadowfield is an inclusive school where we are sensitive to meeting the needs of our children in partnership with you as parents and carers. Short videos will soon be available to share examples of the learning that your child will be part of, these will be sent out by email.

This is information sheet 3 of 4 which you will have an opportunity to read and comment on. If you have any questions, please email info@mps.rklt.co.uk

Thank you for your support with this.

