

27 January 2025

Dear Parents/Carers

Re: - Personal Health and Relationship Education

During Spring Term 2 children will be starting lessons about Personal Health & Relationships within their PSHE curriculum. We have been teaching Relationships Education at Coppice Valley for the last few years and from Sep 2020 Relationship and Health Education became compulsory in all primary schools.

We will be teaching these lessons using our Kapow programme. Kapow is a fantastic programme we use to teach our PSHE which takes a mindful approach and has a strong focus on emotional health and wellbeing. We will be covering our Relationship and Health education using the Kapow module of learning: Safety and the Changing body. Parents have the option of opting their child out of two lessons within the module as detailed below.

Yr 6

- Lesson 1: Alcohol
- Lesson 2: Physical and emotional changes of puberty
- Lesson 3: Conception Parents have a right to withdraw their child from part of this lesson.
- Lesson 4: Pregnancy and birth Parents have a right to withdraw their child from this lesson.
- Lesson 5: First Aid: Basic life support

These lessons are age appropriate and have been designed by experts. It is the aim of the Government and the Local Authority to ensure that children are well versed with this area of their education. It is known, through evidence, that children who have a greater understanding of health and relationships can make better choices for their future.

You can view more details on what we teach for your children's age group by viewing the Relationship and Health section of the school website. Relationship and Health Education at Coppice Valley Primary
If you have any further questions, please email our PSHE lead teacher Mrs Croxton
CroxtonA@cvps.rklt.co.uk.

We welcome parents and carers into school on **Tuesday 28th January at 3.30pm** to meet with Mrs Croxton, Miss Wright and Miss Hudson if you would like to see the lesson content or meet in person to discuss next terms PSHE teaching in more detail.

Thank you.

Coppice Valley Primary School Knapping Hill, Harrogate HG1 2DN
☎ 01423 563760 ✉ office@cvps.rklt.co.uk 📱 [coppicevalleyprimaryschool](https://www.coppicevalleyprimaryschool.co.uk) 📧 @Coppice_Valley
www.coppicevalley.com
Headteacher: Miss H McNamara



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