



Burford School & Nursery

'Enjoy, Achieve, Succeed Together'

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20th March 2026

Dear Parents/Carers,

The theme of our PSHE unit next half term is 'Relationships'. As per our Relationships and Sex Education Policy, we feel it is really important to work in partnership with our parents/carers by providing advanced notice on the teaching of any more sensitive content. This will allow discussions at home to take place (before or after the lesson) whilst also preparing parents/carers for any potential questions that may come home with your child.

Health and Relationships Education is a compulsory subject, and the Government have recommended age-appropriate Sex Education to also be taught in primary schools.

You can find details of the statutory framework here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

You can find Burford School's Relationship and Sex Education policy here:

<https://www.burfordschool.co.uk/policies/>

Year 6 'Relationships' Overview

Lesson Number:	Approximate date of teaching* Week commencing	Learning Intention:	Vocabulary Taught:
1 and 2 What is mental health?	13 th April	I know that it is important to take care of my mental health. I can help myself and others when worried about a mental health problem.	Mental health Ashamed Stigma Stress Anxiety Support
3 Love and Loss	20 th April	I understand that there are different stages of grief and that there are different types of loss that cause people to grieve.	Emotions Feelings Sadness Loss Grief Denial Despair Guilt Shock Anger Acceptance
4 Power and Control	27 th April	I can recognise when people are trying to gain power or control.	Power Control Authority Bullying Assertive Strategies

5 and 6 Using technology responsibly	4 th May	I can judge whether something online is safe and helpful for me. I can use technology positively and safely to communicate with my friends and family.	Risks Pressure Influences Self-control Real/Fake True/untrue AI (Artificial Intelligence) Communication Technology Power Control Cyberbullying Abuse Safety
	11th May	NO LESSON DUE TO SATS	
	18th May	NO LESSON DUE TO PGL	

*Please note that whilst dates have been provided, last minute timetable changes are likely to happen. This date will provide parents/carers with an approximate date.

Jigsaw PSHE is the scheme of work we use to deliver our PSHE curriculum and the majority of our resources will come from this scheme. We may make use of some external resources during our sessions.

Should you have any questions or queries, please do not hesitate to make contact with the class teacher.

Thank you for your support.
Miss Cornelius, Mrs Bull and Mrs Puddephatt

