



Burford School & Nursery

'Enjoy, Achieve, Succeed Together'

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13th February 2026

Dear Parents/Carers,

The theme of our PSHE unit next half term is 'Healthy Me'. As per our Health, 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.

In 2019, the Government announced that the delivery of Health and Relationships Education would become a compulsory subject from Summer 2021 with a recommendation for age-appropriate Sex Education 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*	Learning Intention:	Vocabulary Taught:
1. Taking responsibility for my health and well-being	23 rd February	I can take responsibility for my health and make choices that benefit my health and well-being I am motivated to care for my physical and emotional health	<i>Responsibility</i> <i>Choice</i> <i>Immunisation</i> <i>Prevention</i>
2. Drugs	2 nd March	I know about different types of drugs and their uses and their effects on the body particularly the liver and heart I am motivated to find ways to be happy and cope with life's situations without using drugs	<i>Drugs</i> <i>Effects</i> <i>Motivation</i> <i>Prescribed</i> <i>Unrestricted</i> <i>Over-the-counter</i> <i>Restricted</i> <i>Illegal</i> <i>Volatile substances</i> <i>Synthetic highs</i> <i>New psychoactive substances</i>

3 and 4. Exploitation and Gangs <i>*combined lesson</i>	9 th March	I understand that some people can be exploited and made to do things that are against the law. I can suggest ways that someone who is being exploited can help themselves. I know why some people join gangs and the risks this involves. I can suggest strategies someone could use to avoid being pressurised.	<i>Exploited Vulnerable Drugs Criminal Gang Pressure Strategies Reputation Anti-social behaviour Crime Illegal</i>
5. Emotional and Mental Health	16 th March	I understand what it means to be emotionally well and can explore people's attitudes towards mental health/illness. I know how to help myself feel emotionally healthy and can recognise when I need help with this.	<i>Mental health Emotional health Mental illness Symptoms</i>
6. Managing Stress and Pressure	23 rd March	I can recognise stress and the triggers that cause this and I understand how stress can cause drug and alcohol misuse. I can use different strategies to manage stress and pressure.	<i>Stress Triggers Strategies Managing Stress Pressure</i>

*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.

Mrs Bull, Miss Cornelius and Mrs Puddephatt