



Davenham Church of England Primary School

'...encourage one another and build each other up...'
1 Thessalonians 5:11.

Working Together, Playing Together, Serving God and Serving Others

**PARENT / CARER CONSULTATION
OF REVISED RSE CURRICULUM OCTOBER 2025**

13 October 2025

Dear Parents/Carers,

At Davenham Church of England Primary School, we have adopted a new whole school approach to teaching RSE.

Lessons are taught from Reception to Year 6 in an appropriate way. There will be a sequence of lessons delivered by teachers and a variety of strategies and techniques will be used to approach and deal with sensitive issues. These will include assessing children's knowledge prior to the lesson, creating a safe and comfortable learning environment, having a question box for questions that are unable to be answered during the lesson and using characters to explore delicate subjects.

The RSE curriculum is progressive and builds on knowledge and understanding year on year.

In line with the 2025 DfE guidance, RSE lessons: -

- Focus on building positive attitudes and skills.
- Are accessible to and tailored to meet the needs of all pupils.
- Support children to understand the importance of respect for themselves and for others.
- Focus on helping children make informed choices about their lives.

Some elements of RSE will continue to be delivered through national curriculum Science. For example:

- Key Stage One pupils should be taught to notice that animals, including humans, have offspring which grow into adults /describe the importance for humans of hygiene.
- Upper Key Stage Two pupils should be taught to describe the changes as humans develop to old age.

In addition to the Science curriculum, we will be using a program called myHappymind and myHappymind+.

myHappymind

myHappymind is a program based around helping children to understand how their brain works and supporting them in developing positive skills and habits to be their very best selves. Lessons are delivered in an interactive way. The children will then apply this learning throughout the day and beyond. Children are taught to understand that anxiety and low mood are normal from time to time. They are supported to explore ways to cope when things go wrong.

myHappymind+

myHappymind+ provides several additional units which will form our new RSE curriculum from October 2025. This program has been created to meet the recommendations from the DfE review of RSE, September 2025.

Sex Education Year 6

In Year 6, an additional Sex Education unit will be delivered to Year 6 pupils only. **As a parent/carer you are only able to withdraw your child from the Sex Education element of RSE. We will write to Year 6 parents/carers before this unit is delivered and you will be given the option to withdraw your child from this part of the RSE curriculum.** Please note that when referring to the body parts during these sessions, the class teacher will use the correct terminology. This is not to say that the names you use at home are to stop being used, but to expect children to come home and know the biological name for their body parts. It is essential that we teach about this important subject throughout your child's school life. The learning and discussion that will take place in these lessons will not only give your child the facts rather than hearsay off the playground, but also allow them to ask questions that may have been troubling them, discover more about themselves and help them keep safe in school and in the outside world by understanding what is appropriate and what isn't.

myHappymind Parent App

To further embed this learning, myHappymind has developed a Parent App. These resources can be accessed online on your computer, or through an app on your phone. The Parent App will support you as a parent in understanding what your child is learning, activities for you to do together at home and a Kids Zone featuring myHappymind Games plus much more!

To access these materials just go to <https://myhappymind.org/parent-resources>

to create your free account. You will need to enter your name, email, and authentication code.



Your authentication code is 152083.

Or simply scan the QR code to sign up

Once you have created your account, you will receive an email with the next steps on downloading the app.

Here are the details of the units children will study each year.

2025 – 2026 is Year B

2026 – 2027 will be Year A

YEAR A and YEAR B RECEPTION

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u> 			<u>myHappymind Places</u> 			<u>myHappymind - Celebrate</u> 									
Spring	<u>myHappymind - Appreciate</u> 			<u>myHappymind - Relate</u> 			Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.									
Summer	<u>myHappymind - Engage</u> 			<u>myHappy body</u> 	<u>myHappy relationships</u> 	<u>myHappy world</u> 										

YEAR A KS1

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - Meet Your Brain					myHappy mind Pla-es			myHappymind - Celebrate				Buffer			
Spring	myHappymind - Appreciate		Keeping Safe		Media Literacy and Digital Resilience	myHappymind - Relate			Friendships		Buffer	Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - Engage		Safe relationships		Economic Wellbeing		Ourselves, Growing, and Changing- Transition	Buffer								

YEAR A LKS2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u>								<u>Showing respect and managing hurtful behaviour</u>		<u>myHappymind - Celebrate</u>					
Spring	<u>myHappymind - Appreciate</u>				<u>First Aid</u>		<u>Media Literacy and Digital Resilience</u>		<u>myHappymind - Relate</u>		<u>Safe Relationships</u>		<u>Buffer</u>		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.	
Summer	<u>myHappymind - Engage</u>				<u>Keeping Safe</u>		<u>Buffer</u>		<u>Economic Wellbeing</u>		<u>Ourselves, Growing and Changing- Transition</u>		<u>Buffer</u>			

YEAR A UKS2 (Plus, Sex Ed Unit for Year 6 ONLY)

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - <u>Meet Your Brain</u>			myHappymind <u>Places</u>			Shared responsibilities		Showing respect and managing hurtful behaviour	myHappymind - <u>Celebrate</u>		Communities	Buffer			
Spring	myHappymind - <u>Appreciate</u>	First Aid	Drugs, Alcohol & Tobacco	Media Literacy and Digital Resilience		myHappymind - <u>Relate</u>		Safe Relationships	Buffer			Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	myHappymind - <u>Engage</u>	myHappymind - <u>Be Your Best</u>		Buffer		myHappymind - <u>Transition Programme</u> (2 sessions a week)										

YEAR B YEAR B KSI

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u> 					 <u>myHappymind Places</u>					<u>Showing respect and managing hurtful behaviour</u> 	<u>myHappymind - Celebrate</u> 				
Spring	<u>myHappymind - Appreciate</u> 		<u>Healthy Lifestyles</u> 		Buffer	<u>myHappymind - Relate</u> 		<u>Families and positive close relationships</u> 		Buffer		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.				
Summer	<u>myHappymind - Engage</u> 			<u>Shared responsibilities</u> 	<u>Communities</u> 	<u>Ourselves Growing and Changing</u> 		<u>Ourselves, Growing and Changing - Transition</u> 		Buffer						

YEAR B LKS2

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	<u>myHappymind - Meet Your Brain</u> 				 myHappymind Places				<u>myHappymind - Celebrate</u> 				Buffer			
Spring	<u>myHappymind - Appreciate</u> 		<u>Healthy Lifestyles</u> 		<u>myHappymind - Relate</u> 				<u>Friendships</u> 		<u>Families and close positive relationships</u> 		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.			
Summer	<u>myHappymind - Engage</u> 		Buffer		<u>Communities</u> 		<u>Shared responsibilities</u> 		<u>Ourselves, Growing and Changing- Grief</u> 		<u>Ourselves, Growing and Changing- Transition</u> 					

YEAR B UKS2

(Plus, Y6 Transition Unit and Sex Ed Unit for Year 6 ONLY)

Week	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Autumn	myHappymind - <u>Meet Your Brain</u>				myHappymind <u>Places</u>				myHappymind - <u>Celebrate</u>							
Spring	myHappymind - <u>Appreciate</u>		Healthy <u>Lifestyles</u>		myHappymind - <u>Relate</u>		Friendships		Families and Close Positive Relationships		Buffer weeks can be used to catch up on missed lessons or to consolidate learning, making the most of our extra resources, including themed activities inspired by events throughout the year like Christmas, Diwali and Chinese New Year.					
Summer	myHappymind - <u>Engage</u>		Buffer		Economic <u>Wellbeing</u>		Ourselves, Growing and Changing- Grief		Ourselves, Growing and Changing- Transition							Buffer

If you have any further questions, then please do not hesitate to contact school.

With kind regards

Mrs J M Hyslop

Mrs J M Hyslop
Headteacher

