

Friday 15th April 2022

RE: Summer Term 2022 relationships and health education

Dear parents,

I am writing to inform you about our Relationships and Health education programme in school, in particular the Summer term coverage, in accordance with our Relationships and Health Education Policy. This is a statutory part of our curriculum and will be taught in all primary schools.

At Newbold Church School, we are committed to helping all our pupils to grow up healthy, happy and safe, and to be able to navigate life in modern Britain. Relationships and health education has been incorporated into our curriculum to equip pupils with the knowledge they need to make informed decisions about their health, safety, and relationships with others, now and in the future.

We aim to deliver relationships and health education which is current, evolving, age- and developmentally-appropriate, and respectful of each pupil's cultural and religious background.

What is Relationship and Sex Education?

Relationships education will give pupils the foundation to build safe, positive relationships with those around them, including online. Your child will be taught what friendships and relationships are, and what family means.

We are committed to teaching relationships education in a positive, age-appropriate way, encouraging all pupils to treat others with kindness, consideration and respect.

The Government's definition is this: "It is lifelong learning about physical, moral and emotional development. It is about the understanding of the importance of marriage for family life, stable and loving relationships, respect, love and care. It is also about the teaching of sex, sexuality, and sexual health. It is not about the promotion of sexual activity – this would be inappropriate teaching." (Department for Education and Employment, SRE Guidance, 2000)

Currently, PSHE (Personal, Social, Health Education) remains a non-statutory subject, and section 2.5 of the National Curriculum framework document states that: 'All schools should make provision for personal, social, health and economic education (PSHE), drawing on good practice.'

However, from September 2019 Relationships Education became statutory in Primary schools in England, with government guidance being offered during 2018 as to the expected content of this curriculum.

Why is RSE needed?

- More than ever before, children are exposed to representations of sex and sexuality through the media/ social media and the social culture around them, so we need to present a balanced view of RSE and help them to be discerning and stay safe.
- Rates of sexually-transmitted infections (STIs) and teenage pregnancy in the UK are relatively high – as is the regret felt by young people after early sexual experiences.
- Research shows that most parents say they want the support of schools in providing RSE for their children.
- Research consistently shows that effective RSE delays first sexual experience and reduces risk-taking.
- Surveys of children and young people, as well as Ofsted, have repeatedly told us that RSE tends to be “too little, too late and too biological”

Throughout their time with us, pupils will be taught about the following:

- Families and the people who care for them
- Caring friendships
- Respectful relationships
- Online relationships
- Keeping safe

What are the aims of RSE?

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health Education): To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion

To help young people develop positive and healthy relationships appropriate to their age, development etc. (respect for self and others)

To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them

To empower them to be safe and safeguarded

Won't telling my child about human reproduction take away their innocence?

No. The evidence suggests that high quality RSE does the opposite: it actually delays young people's first sexual experience, and it helps them become much more confident and comfortable about making informed choices. Good and appropriate RSE takes away children's ignorance, not their innocence.

Teaching about safety and relationships as part of PSHE contributes to how schools approach the safeguarding of pupils. It helps them to recognise when they and others are at risk and equips them with the skills, strategies and language they need to take appropriate action.

This is crucial to fulfilling statutory duties in relation to safeguarding pupils as well as to meeting Ofsted expectations. Ofsted expressed concern in its 2013 PSHE report that a lack of high-quality, age-appropriate RSE in over a third of schools left young people vulnerable to inappropriate sexual behaviours and exploitation. It is clear, therefore, that PSHE plays a vital part in helping to meet school's responsibilities to safeguard their pupils, your children.

What is health education?

We aim for health education to provide your child with the knowledge they need to make positive decisions about their own health and wellbeing. Health education will also help equip your child to recognise when they are experiencing issues, when others are experiencing issues, and when to seek support.

Throughout their time with us, pupils will be taught about the following:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- The risks associated with drugs, tobacco and alcohol
- Health and the prevention of ill health
- Basic first aid
- The changing adolescent body

When will relationships and health education be taught?

Relationships and Health education is taught throughout the academic year. At Newbold Church School we cover aspects of PSHE during dedicated weekly lessons, and also incidentally throughout the course of the academic week. We use the 'Jigsaw' scheme to help support our teaching, which includes units based on-

- * Being me in my world
- * Celebrating differences
- * Dreams and goals
- * Healthy me
- * Relationships
- * Changing me

What will my child actually be taught in Sex Education?

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage. Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home, and the question will not be answered to the child or class if it is outside the remit of that year group's programme.

Reception Growing up: how we have changed since we were babies

Year 1 Boys' and girls' bodies; naming body parts

Year 2 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)

Year 3 How babies grow and how boys' and girls' bodies change as they grow older

Year 4 Internal and external reproductive body parts, body changes in girls and menstruation

Year 5 Puberty for boys and girls, and conception

Year 6 Puberty for boys and girls and understanding conception to birth of a baby

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

The key concepts that children learn in Jigsaw are inner strength, self-esteem and resilience. These are really important as they help keep children safe and it helps them make healthy decisions later in life.

Accurate information is important but only part of the picture: help them now by building their inner resilience, so they become mindful children, mindful teenagers, and mindful adults.

What you need to know

The teaching of relationships and health education in school has been designed to complement and reinforce the essential lessons parents teach their children as they grow up. To put this into practice, the school is required to consult with parents when reviewing our policies on relationships and health education. Our Relationships and Health Education Policy is available to view on our school website. We will notify you of any proposed changes to the aforementioned policy by Friday 27th May 2022.

We would like to reassure you that the content taught in relationships and health education will be respectful of every pupil's religious and cultural background **and** will preserve the religious characteristics of the school.

As relationships and health education is a statutory part of our curriculum, it is not possible for you to withdraw your child from these lessons. It is also compulsory for your child to participate in science lessons, some of which contain educational material about human development and the reproductive system – it is not possible to withdraw your child from these lessons. It is, however, possible to withdraw your child from some or all lessons on sex education. Please contact the headteacher on headteacher@newbold-pri.derbyshire.sch.uk as soon as possible should you need to discuss any alternative arrangements.

To find out more information about our relationships and health education curriculum, or to voice any concerns or queries you may have, please take a look at the RSE policy for our school, or visit the school website <https://newbold.sites.schooljotter2.com/about-us/curriculum-1/health-education> - we welcome you to contact the headteacher on headteacher@newbold-pri.derbyshire.sch.uk .

Yours sincerely,

Mrs K Marsh - Headteacher