



Dear Parents and Carers,

**Re: Relationships, Sex and Health Education Programme of Study**

Relationships, Sex and Health Education (RSHE) is now a statutory component of the National Curriculum which covers Emotional Health and Well Being (EHWB), Digital and Media Literacy (DML), Relationships and Sex Education (RSE) and Physical Health and Well Being (PHWB). This supports our belief that promoting the health and well-being of our pupils is an important part of their overall education. Our current scheme of work teaches a diverse range of relationships and physical/emotional health topics that will equip pupils for the wider world as well as encompass all of the statutory components.

Throughout this academic year, we will be teaching lessons that are age specific and designed to help our pupils make safe and informed decisions during their school years and beyond.

The Scheme of Work for each year group can be accessed through our school website:

<https://www.halsfordparkprimaryschool.co.uk/page/?title=Relationship+&+Sex+Education&pid=76>

To support Parents and Carers in their understanding of the RSE curriculum at Halsford Park, we have created a short document for each year group, which outlines the content for the year group and gives examples of the resources that are used in school.

Below, we have outlined the units for each year group so you are able to see how the units progress as your child moves through the school and the website link to the parent information.

Year group	We will be teaching the following topics	Website link to parent information
<u>Early Years</u>	Our day Keeping ourselves clean Families	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/5794EF663F36DDA DBED8BD5F60E1E35B.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/5794EF663F36DDA DBED8BD5F60E1E35B.pdf</a>
<u>Year 1</u>	Keeping clean Growing and changing Families and care	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/CB8AC072091A79F 908125F0CE6BA0A59.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/CB8AC072091A79F 908125F0CE6BA0A59.pdf</a>
<u>Year 2</u>	Differences: boys and girls Differences: Male and Female Naming the body parts	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/6920D99D709F89 BAB4E0BAC8C1DB6C8D.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/6920D99D709F89 BAB4E0BAC8C1DB6C8D.pdf</a>
<u>Year 3</u>	Differences: Male and Female Personal Space Family Differences	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/33A47F25C4DDD B879B08550C2C660F1A.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/33A47F25C4DDD B879B08550C2C660F1A.pdf</a>
<u>Year 4</u>	Growing and Changing What is puberty? Puberty changes and reproduction	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/6029EBF05F1425 EE0295F2176D2ACEE4.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/6029EBF05F1425 EE0295F2176D2ACEE4.pdf</a>
<u>Year 5</u>	Talking about Puberty Male and Female changes Puberty and Hygiene	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/0A94D0885C945 B44F85F874A29DC1D39.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/0A94D0885C945 B44F85F874A29DC1D39.pdf</a>
<u>Year 6</u>	Puberty and Reproduction Understanding relationships Conception and pregnancy Communication and relationships	<a href="https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/67D307034DFD1 3DFB593ACE898C6EBD5.pdf">https://www.halsfordparkprimaryschool.co.uk/_site/data/files/users/curriculum/67D307034DFD1 3DFB593ACE898C6EBD5.pdf</a>

During each lesson, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

As parents are the most important educators of young people in personal issues, we welcome the support that you can offer to supplement their home learning. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

Should you have any further questions please do not hesitate to contact your child's class teacher.

Yours sincerely,

Mrs Manville

PSHE Champion

### **Relationships and Sex Education – Frequently Asked Questions**

#### **What are the aims of RSHE in our school?**

Depending on the age of the children and the lessons in their particular year group, we want RSHE to:

- *Develop the confidence to talk, listen and think about their feelings and relationships*
- *Develop friendship/relationship skills*
- *Develop positive attitudes, values and self esteem*
- *Provide knowledge and understanding about puberty and the changes that will take place*
- *Provide knowledge and understanding about reproduction and sexuality*
- *Address concerns and correct misunderstanding that children may have gained from the media and peers*
- *Develop skills to help children protect themselves against unwanted sexual experience*
- *Know where and how to seek help*

#### **Can you explain the school's RSHE Morals and Values Framework?**

RSHE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents/carers and other members of the school community. RSHE will be delivered within the school's agreed equal opportunities framework.

RSHE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure there is no stigmatisation of children based on their different home circumstances.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- *Respect for self and others*
- *Commitment, trust and love within relationships*
- *Understanding diversity regarding religion, culture and sexual orientation*
- *Honesty with self and others*
- *Self-awareness*
- *Exploration of rights, duties and responsibilities*

#### **Do I have the right to withdraw my child from this education?**

- ***No withdrawal from Relationships/Health Ed:*** Parents cannot withdraw children from Relationships Education (family, friendships, safety) or Health Education (mental health, physical health), as these are considered fundamental for all students.

- **Withdrawal from Sex Education:** Parents can request withdrawal from specific sex education topics within RSHE.

#### How it Works:

1. **Contact the School:** Parents should formally request withdrawal in writing to the School (please make the request FAO Mrs Spencer, Headteacher)
2. **Discuss Content:** Mrs Spencer will offer to discuss the curriculum and resources with parents, explaining why the topics are important for development and safety.
3. **Formalize:** The request should specify which parts, if any, of sex education the child should be withdrawn from (see the overview above).

#### Misunderstandings about RSHE

There is sometimes concern that RSHE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSHE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSHE has an effect it is a positive one: *"sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour"*.

In the UK the research is even more positive. Analysis by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that men and women who said that lessons at school were their main source of information about sex were more likely to have started having sex at a later age than those for whom parents or other sources were their main source. Schools have an important role to play in RSHE.