



Headteacher: Miss S Price  
Telephone: 01922 476695

30<sup>th</sup> March 2021

Dear Parents/carers,

As you may be aware, from September 2020, it became statutory that all primary aged children be taught Health and Relationships Education. In the Autumn term, we sent out an RSE Consultation video and our draft policy to parents to invite your feedback. After reviewing the feedback from both parents and staff, we have formally ratified our policy and scheme of learning for P.S.H.E. to best suit our pupils. We would like to take this opportunity to thank all parents who responded to our consultation process. All responses received were positive and demonstrated that our parent body are in support of our commitment to deliver age appropriate RSE for our children.

As part of our PSHE curriculum, our children will take part in RSE lessons in the Summer term using resources from Jigsaw. These lessons have been carefully planned to be relevant and appropriate to each year group. As stated in our consultation information, the aim of the RSE curriculum is to help our pupils make safe and informed decisions during their school years and beyond. In Summer Term 1, our teachers will start to deliver the Relationships aspect of RSE; these lessons have been carefully planned to be relevant and appropriate to each year group.

There is a vast amount of information about relationships in all areas of the media to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies and relationships, this can help with the transition into adolescence and adulthood, providing confidence and the knowledge to understand what is happening to them. They will also have the best chances of growing into self assured and healthy adults able to make positive choices.

The new Relationships and Health Education 2020 curriculum is designed to:

- Help all children grow up healthy, happy and safe.
- Provide knowledge to make informed decisions about their wellbeing, health and relationships.
- Support all children to manage the challenges and opportunities of modern Britain.
- Prepare all children for successful adult lives.

**By the time a child finishes primary school**, they will have been taught about the following:

- Relationships - family and people who care for them, caring friendships, respectful relationships, online relationships, being safe
- Physical health and mental wellbeing - making good decisions about their own health and wellbeing, recognising issues in themselves & in others, seeking support as early as possible when issues arise
- Mental wellbeing
- Internet safety and harms



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- Physical health and fitness
- Healthy eating
- Facts about drugs, alcohol and the risks associated with them
- Health and prevention of illness
- Basic first aid
- Changes to the adolescent body

At St John's Primary Academy, we use Jigsaw to teach children all about how they will change as they grow. This is delivered through the Changing Me puzzle. Changing Me deals with change of many types; growing from young to old, becoming a teenager, assertiveness, self-respect and safeguarding. Self and body image, puberty, attraction and accepting change are diverse subjects for children to explore. Each year group thinks about looking ahead, moving year groups or the transition to secondary school.

Life cycles and how babies are made and grow are treated sensitively and are designed to meet children's needs. All year groups learn about how people and bodies change. This Puzzle links with the Science curriculum when teaching children about life cycles, babies and puberty.

Parents cannot withdraw their child from any part of the Relationships and Health Education aspects of the RSE curriculum. It is important for ALL children to be taught the content on such essential matters like friendships and keeping safe.

There are separate rules on withdrawing your child from Sex Education. Sex education is separate from the Relationships and Health curriculum and parents can withdraw children from some or all of the lessons on Sex Education – this does not include compulsory elements of the science curriculum where in Year 5 pupils are taught about puberty and in Year 6 pupils learn about human reproduction.

We believe it is important to work in close partnership with parents and carers. If you would like to discuss the content of this letter then please contact Mrs Grocutt.

If you would like more information about your right to withdraw, please email Mrs Grocutt via the school office.

Thank you for your continued support.

Mrs G Grocutt

PSHE Lead Teacher