

Kings' Forest Primary School

Headteacher: Ms H Porter

Dear Parents and Carers,

Relationships and Health Education (RHE)

Relationships and Health Education (RHE) is an important part of our school commitment to provide pupils with the knowledge and skills to keep themselves safe, make healthy choices, develop respect for themselves and others, and form positive and healthy relationships. It also fits with our school values of kindness, respect and responsibility. You can learn more about RHE provision in school by reading our RHE policy, found on the school website.

The government guidance for Relationships and Health Education (2019) outlines statutory learning outcomes for all primary-aged pupils from September 2020. To deliver our curriculum, we use the Discovery Education Health and Relationships Programme to support us in meeting these outcomes through dedicated lesson time, in addition to cross-curricular learning through circle times and assemblies. The programme lessons progress from year 1 to year 6 with activities and videos to make learning engaging and enjoyable for our pupils, as well as developing their learning and understanding in an age-appropriate way.

In year 1 pupils cover the following content across the year:

Healthy and happy friendships	Forming friendships and how kind or unkind behaviours impact other people.
Similarities and differences	Similarities and differences between people and how to respect and celebrate these.
Caring and responsibility	Identifying who our special people are and how they keep us safe.
Families and committed relationships	What a family is (including difference and diversity between families), and why families are important and special.
Healthy bodies, healthy minds	Our bodies and the amazing things they can do. Learning the correct names for different body parts.
Coping with change	Growing from young to old and how we have changed since we were born.

In line with our RHE policy, teachers will answer any questions from pupils in an age-appropriate and factual way, without personal bias or judgement. Questions will be answered in one of the following ways: by providing an answer to the whole class; by giving an individual answer to a pupil, or, on rare occasions, by contacting parents if we feel the question would be better handled in the home setting. Any questions that give rise to concerns of a safeguarding nature will be handled in line with our published safeguarding policy.

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We welcome you contacting us if you have any questions or comments about the school's approach to this important, statutory area of learning. If you have any questions or feedback, please do not hesitate to contact the school office, who will pass your message on to the appropriate member of staff.

Yours sincerely,

Miss Elliott

Spiritual, Moral, Social and Cultural Lead