

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 scheme 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 3 pupils cover the following content across the year:

Healthy and happy friendships	Being a good friend and respecting personal space. Strategies for resilience.
Similarities and differences	Respecting and valuing differences. Shared values of communities.
Caring and responsibility	Our responsibilities and ways we can care and show respect for others.
Families and committed relationships	Exploring the importance of commitment in relationships and how families can change and alter over time, including through separation and loss.
Healthy bodies, healthy minds	Maintaining physical and mental wellbeing through healthy eating, sleep and keeping clean.
Coping with change	Coping with feelings around the changes in our lives.

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