

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 4 pupils cover the following content across the year:

Healthy and happy friendships	Solving friendship difficulties. How to act if someone invades your privacy or personal boundaries.
Similarities and differences	Identity and diversity. Seeing different perspectives and not making judgements based on appearance.
Caring and responsibility	Rights and responsibilities within families and wider society, including the UN Convention on the Rights of the Child.
Families and committed relationships	The range of relationships we experience in our everyday lives. How to identify each relationship and understand the differences between the types of relationships we encounter.
Healthy bodies, healthy minds	Influences on our health and wellbeing, including friends, family and media, and awareness of how these can affect personal choices.
Coping with change	How our bodies change as we enter puberty, including hygiene and menstruation.

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