

# 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 5 pupils cover the following content across the year:

Healthy and happy friendships	Identity and peer pressure in real life and online. Positive emotional health and wellbeing.
Similarities and differences	Celebrating strengths, setting goals and keeping ourselves safe online.
Caring and responsibility	How our care needs change and the effects of loneliness and isolation. Ways in which we can show care in the community.
Families and committed relationships	The characteristics of healthy, positive and committed relationships, and how these develop as people grow older.
Healthy bodies, healthy minds	Our unique bodies and self-acceptance – valuing our bodies and minds; lifestyle habits (including alcohol, tobacco and drugs) and their effects on wellbeing.
Coping with change	How puberty changes can affect our emotions and feelings and ways to manage this; questions about puberty and change, including periods and wet dreams.

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