

# 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. **In addition, as recommended by the Department for Education, we also teach non-statutory elements of sex education in an age-appropriate manner in year 6.** 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 6 pupils cover the following content across the year:

Healthy and happy friendships	How relationships evolve as we grow, and how to cope with a wider range of emotions.
Similarities and differences	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.
Caring and responsibility	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.
Families and committed relationships	Sex education: adult relationships and human reproduction, including different ways to start a family.
Healthy bodies, healthy minds	Being the best me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.
Coping with change	Transitions (including to secondary school) and ways to manage the increasing responsibilities and emotional effects of life changes.

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. All teachers will have boxes in their classrooms where pupils can post questions anonymously if they wish. Questions will be answered in one of the following ways: by providing an answer to the whole class; by giving an individual answer

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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.

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 would like to see any of the content of the programme in more detail, please contact the school office.

In line with legislation, parents have the right to withdraw children from the sex education lessons in year 6. These lessons are the ones that come under the 'Families and Committed Relationships' topic. We would welcome the opportunity to talk you through the content of these lessons. If you would like to exercise the right to excuse your child from these lessons, please contact your class teacher. Pupils who are excused from lessons will be given meaningful work to do during this time.

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