



Hulland Church of England Primary School

Firs Avenue, Hulland Ward, Derbyshire, DE6 3FS

Headteacher – Mrs W J Underwood

15th February 2023

Dear Parents and Carers

RELATIONSHIPS AND SEX EDUCATION

PSHE (Personal, Social, Health and Economic Education) is central to giving pupils the knowledge, skills and understanding they need to lead confident, healthy, independent lives and to become informed and responsible British citizens. It underpins our curriculum.

At Hulland Church of England Primary School we aim for all our pupils to recognise their own value, work well with others and become increasingly responsible for their own learning.

Our PSHE Curriculum (including Relationships and Sex Education) is delivered through our scheme of work PSHE Matters. Our policy and an outline of the scheme of work are available in the curriculum section of our website. Specific reference to the RSE elements can be found on the reverse of this letter.

As a school community, we are committed to working in partnership with parents. Please be assured that our teaching will at all times have consideration for the age and maturity of the children. Should you have any comments or concerns, please let me know. Your views would be very welcome.

Please see the leaflet entitled 'Understanding Relationships and Health Education in your child's primary school: a guide for parents', which is also enclosed.

Yours sincerely

W J Underwood
Headteacher

RSE Progression (A summary for parents)

It is compulsory for all maintained schools to teach the parts of sex education that fall under the National Curriculum for Science, which must be taught to all pupils of primary and secondary age. All elements stated below are covered in topics delivered through our Curriculum cycle to ensure full coverage of the science curriculum.

By the end of KS2, all pupils will have covered all topics at an age appropriate stage.

RSE in the science curriculum

Key Stage 1 (age 5-7years)

Year 1 pupils should be taught to:

- Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense

Year 2 pupils should be taught to:

- Notice that animals, including humans, have offspring which grow into adults
- Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene

Key Stage 2 (age 7-11years)

Year 5 pupils should be taught to:

- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age

Year 6 pupils should be taught to:

- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.

In addition to the elements covered in the Science curriculum, pupils will learn the following, using the PSHE Matters scheme of work:

Key Stage 1 Growing Up

Core Themes: Health and Wellbeing:
H8, H9, H10, H13, H15, H16,
Relationships: R3, R8, R10
Living in the Wider World: L8

Learning

- H8 - The process of growing from young to old.
- H9 - Exploring growing and changing and becoming independent.
- H10 - The correct names for the main parts of the body (including external genitalia).
- H13 - Identifying people who they can ask for help and think about how they might do that.
- H15, R3 - Identifying ways of keeping safe and knowing they do not keep secrets.
- H16 - About privacy in different contexts.
- H16 - About respecting the needs of ourselves and other people.
- R8 - Identifying similarities and difference.
- R10 - What physical contact is acceptable.
- L8 - That everybody is unique.

Activities

Lower Key Stage 2 Growing Up

Core Themes: Health and Wellbeing:
H4, H5, H8, H12, H18, H20
Relationships: R4, R8, R13, R16

Learning

- H4 - That images in the media do not always reflect reality.
- H5 - Celebrate our strengths/qualities.
- H8 - About the kind of changes that happen in life and the associated feelings.
- H12 - That simple hygiene routine can prevent the spread of bacteria.
- H18 - About the changes that happen as they grow up.
- H20 - The right to protect our bodies.
- R4 - About differences and similarities between people, but understand everyone is equal.
- R8 - About the difference between acceptable and unacceptable physical contact.
- R13 - Knowing the names of the body parts.
- R16 - Recognise and challenge stereotypes.

Activities

Upper Key Stage 2 Growing Up

Core Themes: Health and Wellbeing:
H4, H6, H7, H12, H13, H18, H19
Relationship: R2, R5, R13
Living in the Wider World: L1

Learning

- H4 - Exploring how images in the media and online do not always reflect reality.
- H6 - Identify the intensity of feelings.
- H7 - Recognising conflicting feelings.
- H12 - That simple hygiene routine can prevent the spread of bacteria.
- H13 - Identify pressures and influences.
- H18 - Understanding changes that happen at puberty.
- H19 - Understanding what puberty and human reproduction is.
- R2 - Identifying qualities of a healthy relationship
- R5 - About committed loving relationships.
- R13 - About differences and similarities between people, but understand everyone is equal.
- L1 - Debate topical issues.

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life. The world for all young people looks very different from the way it did 20 years ago when this curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching **'relationships and health education'** on GOV.UK.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up.

Your child's school is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge.

You can express your opinion, and this will help your child's school decide how and when to cover the content of the statutory guidance. It may also help them decide whether to teach additional non-statutory content. Schools are required to ensure their teaching reflects the age and religious background of their pupils.

Some schools will start to teach these subjects from September 2019 – if you'd like to know more, please speak to your child's school about what they plan to teach.



Right to withdraw your child

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

Your child's primary school can choose to teach Sex Education. If you'd like to know more about this, we recommend speaking to the school to understand what will be taught and when. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request.

The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from.



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If you want to know more about what will be taught as part of the new subjects, the best thing to do is speak to your child's school.