

27 March 2024

Dear Parent/Carer,

Next term, children will be learning about health, growing-up and changes to their body in PSHE. This is part of the Government's Relationships, Sex and Health Education programme, most of which is a legal requirement for all primary school children.

Our school's RSHE policy is available in full on our website, however, a breakdown of what children learn in each year group is attached. Below is an overview of which parts are now a legal requirement.

Primary **health education** is a legal requirement and this term will focus on:

- How boys and girls bodies change as they grow, including puberty.
- The importance of hygiene and safety in taking care of oneself.
- The menstruation cycle and its impact on people's physical and mental health.
- The impact of growth on mental health.

Primary **relationships education** is a legal requirement and this term will focus on:

- Different types and forms of relationships.
- The role and significance of families and friendships.
- How to form and maintain relationships that are safe and respectful.
- The dangers of manipulative relationships and how to seek help.

Primary **sex education** is **not** a legal requirement but is **strongly recommended** for primary schools. This means parents can request to withdraw their children from this content. At our school, this only includes a single part (delivered in one lesson in Year 5 and repeated in one lesson in Year 6):

- The function of egg and sperm cells.

All sessions are part of a wider health and transition topic, which explores how children feel about and deal with change in general. It is, therefore, handled with great sensitivity and **is age-appropriate**.

If your child is in Years 5 or 6 and you would like to withdraw them from the lesson that includes egg and sperm cells, as outlined above, please complete the attached withdrawal form.

As always, if you have questions or concerns, please feel free to get in touch via the school office to organise a meeting or phone call.

Many thanks for your support.

Yours sincerely,

A Spence

Mr Spence
Assistant Head of School

Appendix 1: Curriculum overview

Relationships and sex education curriculum overview - areas highlighted in cyan can be opted out of by parents in RSHE

Year group	Relationships knowledge This is taught through PSHE and Computing lessons	Sex Education Knowledge This is taught through PSHE lessons	Health Education Knowledge (relevant to RSE) This is taught through PSHE lessons	Science Knowledge This is taught through Science lessons
Nursey & Little Learners	Sharing toys with others and taking turns.	Not taught	None relevant	None relevant
Reception	Friendships and how they are formed and kept. They practise taking turns and sharing and playing games together.	Not taught	None relevant	None relevant
Year 1	Children learn more about friendships. They learn what families are and that adults care for children.	Not taught	Children learn that some things and parts of their bodies are private.	Children 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	Children build on knowledge of families to explore methods of seeking help. They learn about secrets and how to keep themselves and others safe.	Not taught	Children learn about the physical differences between boys and girls.	Children learn to notice that animals, including humans, have offspring which grow into adults.
Year 3	Types of relationships, from friendships to romance; how these relationships impact their safety and mental health. The diversity of family structures and what makes families special is love.	Not taught	Children learn about how children grow and how this can make people feel. They learn about who they can turn to for support with this. Note: This content does not include explicit teaching of puberty	None relevant
Year 4	How relationships (friendships, familial or romantic) change over time. The reasons why this can happen and who can help them when it impacts them.	Children learn about the concept of puberty and that their bodies will change as they grow older. They learn about menstruation and why this occurs as girls grow up.	None relevant	None relevant
Year 5	Loss and how this can impact a person. Ways in which people deal with loss and who can help them with this. Changes that occur within families (marriages, re-marriages, deaths, births, breakups) and how these can impact people.	Children learn the functions of egg and sperm cells.	Children build on prior knowledge of puberty and how their bodies will change as they grow older. They retrieve knowledge of the menstrual cycle and why this occurs as girls grow up.	Children learn the life process of reproduction in some plants and animals. Children learn about the changes as humans develop to old age including about the changes experienced in puberty. Children learn about the gestation periods of animals and compare them with humans.
Year 6	Online relationships and how this can impact them. They learn about how people interact with others online and how to keep themselves and others safe.	Recap of Year 5: Children learn the functions of egg and sperm cells.	Children build on prior knowledge of puberty and how their bodies will change as they grow older. They retrieve knowledge of the menstrual cycle and why this occurs as girls grow up.	None relevant

Appendix 3: Parent form: withdrawal from sex education within RSE

TO BE COMPLETED BY PARENTS			
Name of Child		Class	
Name of Parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	
Signed	