Monday 10th October, 2022

Dear Parents and Carers,

At Ratby Primary School, we are committed to providing all pupils with a well-planned Personal, Social, Health, Economic (PSHE) and Relationship and Sex Education (RSE) programme to enable them all to acquire the knowledge, understanding, skills and strategies they need to develop in life.

**What is PSHE and Relationship Education?**

Whilst PSHE (personal, social, health and economic) as a whole subject is not currently a statutory part of the curriculum, all good schools including ours endeavour to teach children from a young age about the values, social and life skills needed to enable them to develop into responsible adults. There are three strands which are taught as part of PSHE in schools; Living in the Wider World, Health and Wellbeing and Relationships. As of September 2021, **Relationships or Relationship Education has become statutory in primary schools**. This means that all schools have to teach its content. It is considered really good practice to review a school’s provision periodically to ensure the lessons you provide meet the needs of the children you teach and the changes in society. This has just been undertaken in our school.

So in essence, **PSHE and Relationship Education** will form part of children’s learning about the world around them and how they interact with others. Like all areas of the curriculum, it will be taught objectively, without bias.

**In early years, children are taught to:**

* Talk to help work out problems and build constructive and respectful relationships.
* Develop an awareness of similarities and differences in people and value themselves
* Express their feelings (socially and emotionally) and consider the feelings of others.
* Show resilience and perseverance in the face of challenge.
* Think about the perspectives of others.
* Manage their own needs- such as personal hygiene and physical development
* Know and talk about the different factors that support their overall health and wellbeing
* Talk about members of their immediate family and community.
* Name and describe people who are familiar to them.
* Recognise that people have different beliefs and celebrate special times in different ways.

**Children in KS1 and KS2 will learn more about topics such as:**

* Healthy and unhealthy lifestyles
* Ourselves, growing and changing
* Keeping and feeling safe (abuse)
* Families and different family structures, positive relationships and friendships
* Managing hurtful behaviour and bullying (violence and harassment)
* Safe and trusted relationships and consent
* Internet Safety
* Economic wellbeing
* Shared responsibility
* Drugs, medicine and alcohol
* Communities
* Mental health and well being
* Respecting yourself and others
* Influential behaviour
* It’ s okay to being different and unique

**Teaching in EYFS and KS1** will look significantly different to that of lower and upper Key Stage 2 as all lessons are structured in a simplistic and age appropriate way. Children will also consider how families may look different to their own, what constitutes a trusted adult, why it is okay to say no and when to do this and how to stay safe as part of the above topics.

**Teaching in Lower KS2 (Years 3 and 4)**

These lessons will build on the knowledge that children have already gained in KS1. Children will have an opportunity to explore some of the taught units again but in more detail and in an age appropriate way. They will also spend time considering acceptable and unacceptable behaviours, personal qualities and choices, how families may look different to their own, feeling safe and staying safe.

**Teaching in Upper KS2 (Years 5 and 6)**

Again, lessons will build on the knowledge that children have already gained in KS1 and lower KS2, exploring and recapping on what has been taught. In addition to this, children will also spend time considering healthy and unhealthy relationships, peer pressure and dares, the different relationships people have with others and exploring scenarios relating to the topics in a way that is suitable for their age.

Some of our lessons are taught with the help of external organisations such as (but not exclusively) the NSPCC, Severn Trent, RNLI, Environment Organisations, Sporting Organisations, the Local Council and the Warning Zone in Leicester.

**What is Sex Education?**

PSHE and Relationship Education is considered most effective in terms of safeguarding pupils when is it taught as part of a Relationship and Sex Education (RSE) programme.

After reviewing our provision, We have decided to teach our RSE units during the Autumn 2 term of the academic year and we will continue to teach children in EYFS and KS1 the scientific names for the external body parts and in KS2 children will revisit and recap on this knowledge.

The National Curriculum for Science(KS2) states that it is **statutory** for children to be taught lessons about puberty, how the human body changes and human reproduction. We will continue to teach this is year 5 and 6, where children will be taught age appropriate content along with additional lessons that discuss areas such as sexual relationships, contraception, consent, gender identity, changing emotions, love and trust, harassment, banter and unwanted behaviour. Children are given the opportunity to ask questions relating to these lessons. We will address this issue directly in very broad terms as part of the taught RSE curriculum and the learning will be set in the context of responsible parenting decisions.

Please note: Parents and carers have the right to withdraw their child from those elements of sex education that are not statutory however those that link to the national curriculum for science (above) are statutory and cannot be withdrawn from. We would urge any parents and carers considering withdrawing their child from these lessons to consider what is being taught, how it is being taught and how important this education is for all children.

**Parent and Child Consultation**

We feel it is very important that parental views are taken into account. We would like to encourage parents and carers to view our PSHE and Relationships Education Policy and what is taught as part of our ‘It’s my Body and Growing Up’ units, which is on the school website.

<https://www.ratby.bepschools.org/information/policies>

We believe it is important to have a strong partnership with parents and carers and will always communicate what is being taught and when. Our Relationship Education is fully inclusive and is taught to meet the needs of all our pupils.

We would very much appreciate your support by asking you to take part in a short survey by following the link below. This will give us the opportunity to further identify where we might need to focus our curriculum in more detail or support our parents and community. Please submit your responses by 1st April 2021, ideally completing one per child.

Finally, we would like to say that teaching children about the wonderful differences among humans has always been considered an important privilege by our teachers. All children are unique and special; sharing talents, celebrating diversity within cultures, religions and different family structures is vital as a whole school approach. Our lessons will encourage understanding, acceptance and respect of different relationships from a young age.

We would like to thank you for your continued support and if you have any further queries or concerns or for those parents wishing to discuss the objectives taught or any aspect of the curriculum further, please do not hesitate in contacting the school where we will be happy to help and arrange an appointment.

Thank you for your support.

Nicola Clarke

PSHE Co-ordinator