

# Barrowcliff School

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25<sup>th</sup> March 2021

Dear Parents /Carers,

As you may already be aware, Relationships and Sex Education (RSE), along with Health Education, will now be part of the National Curriculum. This change began in September 2020.

As part of our school's wider Personal, Social and Health Education programme (PSHE), your child will soon undertake lessons around aspects of RSE. The purpose of the upcoming curriculum is to provide knowledge and understanding of safe and healthy relationships based on respect. This is to encourage the development of safe and healthy relationships throughout life. The subject is designed to help children from all backgrounds build positive and safe relationships, and to thrive in modern Britain.

You do have a right to withdraw your child from RSE lessons, but the 'relationships' part of the curriculum will be statutory. We believe the content of these subjects – such as family, friendship, safety (including online safety) – are important for all children to be taught. However, we are confident you will share our enthusiasm for the successful implementation of the new PSHE curriculum, which we feel will benefit all of our students.

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health and Economic) Education:

- *To enable young people to understand and respect their bodies, and be able to cope with the change puberty brings, without fear or confusion*
- *To help young people develop positive and healthy relationships appropriate to their age, development, etc. (respect for self and others)*
- *To support young people to have positive self-esteem and body image, and to understand the influences and pressures around them*
- *To empower them to be safe and safeguarded*

Please take the time to read through the attached curriculum overview for this subject, which comes from our 'Jigsaw' teaching materials. You will be able to see how our RSE progresses and builds on previous learning each year.

**Please note: Due to the current situation, during the Summer term, each child will also take part in the RSE lessons missed in their previous year groups due to lockdown.**

Copies of the lessons which will be covered by each year group will be available to view and discuss before they are taught to your child should you have any concerns. You are welcome to contact me to discuss the programme further. There is also a parent's guide to RSE available on the school website for further information.

*Learning Together, Growing Together*

**The Changing Me Puzzle is all about coping positively with change and includes:**

- Ages 3-5 Growing up: how we have changed since we were babies. Ages 5-6 Boys' and girls' bodies; correct names for body parts.
- Ages 6-7 Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is).
- Ages 7-8 How babies grow and how boys' and girls' bodies change as they grow older. Introduction to puberty and menstruation.
- Ages 8-9 Internal and external reproductive body parts. Recap about puberty and menstruation. Conception explained in simple terms.
- Ages 9-10 Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent. Conception explained in simple biological terms.
- Ages 10-11 Puberty for boys and girls revisited. Understanding conception to the birth of a baby. Becoming a teenager. All lessons are taught using correct terminology, child-friendly language and diagrams.

**What will my child actually be taught about puberty and human reproduction?**

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, usually in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning.

Please note: at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

Please feel free to contact us if you have any questions or concerns.

Yours sincerely

Mrs Lukehurst  
PSHCE Coordinator