

28 April 2022

Dear Parent/Carer

This term, children across the Trust will be completing a PSHE module around health and relationships. This module forms part of our age-appropriate RSE (Relationships and Sex Education) and Health Education provision, most of which is a legal requirement for all primary aged children.

Our school's RSE 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 what learning constitutes the three domains of health education, relationships education and sex education.

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 will focus on:

- The function of egg and sperm cells
- How babies grow from conception to birth

All SRE 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 sensitivity and is age-appropriate.

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

Year group	New Key Concepts (Note: previous key concepts are also repeated and reinforced)	Relationships Knowledge	Sex Education Knowledge	Health Education Knowledge (that is relevant to RSE)
Nursery & Little Learners	<ul style="list-style-type: none"> Sharing 	Children learn about sharing toys with others and taking turns.	Not taught	None relevant
Reception	<ul style="list-style-type: none"> Friendship 	Children learn about friendships and how they are formed and kept. They practise taking turns and sharing and playing games together.	Not taught	None relevant
Year 1	<ul style="list-style-type: none"> Privacy Families 	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.
Year 2	<ul style="list-style-type: none"> Secrets Boys and girls Seeking help 	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.
Year 3	<ul style="list-style-type: none"> Growing up Types of relationships Diverse families 	Children learn about types of relationships, from friendships to romance. They learn about how these relationships impact their safety and mental health. They also learn about 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. <i>Note: This content does not include explicit teaching of puberty</i>
Year 4	<ul style="list-style-type: none"> Puberty Menstruation Changing Relationships 	Children learn about how relationships (friendships, familial or romantic) change over time. They think about the reasons why this can happen and who can help them when it impacts them.	Not taught	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.
Year 5	<ul style="list-style-type: none"> Sperm/egg cells Loss Changing families 	Children learn about loss and how this can impact a person. They learn about ways in which people deal with loss and who can help them with this. Children learn about 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.
Year 6	<ul style="list-style-type: none"> Gestation Online relationships 	Children learn about 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.	Children learn about gestation and the growth of a baby from conception to birth.	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.