

Dear Parents,

You may recall our CEO, Mr Thomas, writing a letter to you a couple of weeks ago explaining how the Department of Education introduced the compulsory teaching of Relationships and Health Education back in September 2020. He highlighted that due to the disruption of Covid-19 schools around the country have been given additional time to review their PSHE/RSE curriculum to ensure the children receive a curriculum that ensures they are well prepared for the future.

As a forward-thinking Trust, we started our preparations for the new RSHE curriculum back in 2019 and purchased the Jigsaw PSHE curriculum. The resource provides a detailed and comprehensive scheme of learning which meets all the requirements of the Department of Education's new Relationships, Sex and Health Education guidance. Created by Jan Lever (teacher and psychotherapist) and her experienced team of teachers, the teaching materials integrate PSHE, emotional literacy, social skills and spiritual development in a whole school approach.

Jigsaw content covers all areas of PSHE and is organised to cover the following areas across the school year:

Term	Topics	Focus
Autumn 1	Being Me In My World	Includes understanding my place in class, school and the global community
Autumn 2	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying) and diversity work.
Spring 1	Dreams and Goals	Including goal setting, aspirations, working together, looking ahead
Spring 2	Healthy Me	Includes drug and alcohol education, building self-esteem, self-respect, confidence and a healthy lifestyle
Summer 1	Relationships	Understanding friendship, family and other relationships, conflict resolution and communication
Summer 2	Changing Me	Includes Sex and Relationship Education in the context of change How babies are made, puberty, growing from young to old, becoming a teenager, my changing body, life cycles

Jan Lever states that:

*'The Relationship, Sex and Health Education units of work aim to give children their entitlement to information about relationships, puberty and human reproduction, appropriate to their ages and stages of development. This work is treated in a matter-of-fact and sensitive manner to allay embarrassment and fear and helps children to cope with change, including puberty and to learn about families, friendships and healthy relationships.'*

The 'Changing Me' unit is taught over a period of 6 weeks in the second half of the summer term. Each year group will be taught appropriate to their age and developmental stage.

**Year 3:** How babies grow and how boys' and girls' bodies change as they grow older.

**Year 4:** Internal and external reproductive body parts, body changes in girls and menstruation.

**Year 5:** Puberty for boys and girls, and conception.

**Year 6:** Puberty for boys and girls and understanding conception to birth of a baby.

All lessons will be taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

#### Withdrawal from RSE Lessons

Parents have the right to withdraw their children from all or part of the Relationships and Sex Education provided at school **except for those parts included in statutory National Curriculum Science**. Those parents wishing to exercise this right are invited in to see the head teacher and/or PSHE lead who will explore any concerns and discuss any impact that withdrawal may have on the child. Once a child has been withdrawn they cannot take part in the RSE programme until the request for withdrawal has been removed. Materials are available to parents/carers who wish to supplement the school RSE programme or who wish to deliver RSE to their children at home- we will support

any decision you make.

If you are considering withdrawing your child out of RSE lessons within PSHE, you might consider these common points which crop up quite regularly:

- All the other children in your child's class will have been taught this information and may well talk to your child about it and potentially mislead them or confuse them as a result. It may prove far better to allow experienced and sensitive teaching staff to teach your child in a progressive, developmental way that is grounded in research.
- They will be learning about reproduction in Science lessons. The RSE in PSHE will echo this and will concentrate on teaching children how to enjoy healthy, appropriate relationships, improve self-esteem and self-confidence, and make healthy, informed choices. When viewed this way, it is hoped that RSE won't be seen as contentious or a cause for concern, but as helpful.

The Covid-19 pandemic will have had an impact on the mental health and wellbeing of many children across the country. Due to this, it is important to all of our staff that we continue to prioritise RSHE content based on the needs of pupils, with particular attention to the importance of positive relationships, as well as mental and physical health. We believe RSHE should be a partnership between the school and the parents/carers, working for every child's safety and benefit.

With this in mind, we have placed our new policy on the website for you to look at. I am very eager to gather your feedback concerning the content and in order to do this I will be sending out a link to a questionnaire via ParentPay next week. Your views are very important to us, so if you can spare the time to complete the questionnaire it would be very much appreciated.

Kind regards,

Dan Polak