

Dear Parents/Carers

RE: Relationships, sex and health education

At Long Sutton County Primary School, we are committed to helping all our pupils to grow up healthy, happy and safe, and to be able to navigate life in modern Britain. Relationships and health education has been incorporated into our curriculum to equip pupils with the knowledge they need to make informed decisions about their health, safety, and relationships with others, now and in the future. We aim to deliver relationships and health education which is current, evolving, age- and developmentally-appropriate, and respectful of each pupil's cultural and religious background.

At Long Sutton County Primary School, we have adopted the Jigsaw scheme which is a mindful approach to PSHE (Personal, Social, Health Education) which includes the statutory RHE (Relationships Education and Health Education) and has a strong focus on emotional and mental health and wellbeing. Jigsaw also contains lessons on sex education which we are adopting.

Here are some commonly asked questions and accompanying answers:

Why is this RSHE curriculum needed?

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

- More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content, on the internet or social media, can mean children may be exposed to dangerous, confusing or scary content. We can prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.
- There is much independent research showing most parents and carers value the support of schools in providing Relationship and Sex Education for their children. Parents and schools want children to be safe and happy.

- A range of independent research consistently shows that effective Relationship Education delays first sexual experience and reduces risk-taking in young people.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship and Sex Education tends to be “too little, too late and too biological”. This is one of the many reasons why the Department for Education is making Relationships and Health Education compulsory in primary schools from September 2020, with an emphasis on Relationships Education.

What must primary schools teach in Relationships Education and Health Education?

From September 2020, Relationships and Health Education are compulsory in all primary schools in England. For primary aged children this includes curriculum content under two headings (DfE 2019):

Relationships Education	Health Education
Families and people who care for me	Mental wellbeing
Caring Friendships	Internet safety and harms
Respectful Relationships	Physical health and fitness
Online Relationships	Healthy Eating
Being safe	Drugs, alcohol and tobacco
	Health and prevention
	Basic first aid
	Changing adolescent body

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, in the second half of the summer term. Each year group will be taught content that is 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/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.

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.

Ages 8-9 Internal and external reproductive body parts. Introduction to 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.

As part of reviewing the RSE policy, we are consulting with parents to inform of the policy changes and the curriculum content. We will be **starting a consultation process on Thursday 19th May 2022; the consultation will close on the Monday 6th June 2022.**

The document that you are asked to read as part of the consultation will be:

PSHE (Personal, Social, Health Education) Policy (including Relationships and Health Education statutory from September 2020, and our position on Sex Education)

If you have any feedback, then please email :

ConsultationRSHE@longsutton.lincs.sch.uk

As **relationships and health education** is a statutory part of our curriculum, it is not possible for you to withdraw your child from these lessons. It is also compulsory for your child to participate in science lessons, some of which contain educational material about human development and the reproductive system – it is not possible to withdraw your child from these lessons.

The 'Changing Me' topic will be covered in Term 6. It is, however, possible to withdraw your child from some or all lessons on **sex education**. Please contact Mrs Hales through our enquiries email address: enquiries@longsutton.lincs.sch.uk as soon as possible should you need to discuss any alternative arrangements.

Yours sincerely,

Mrs H Joyce
Acting Headteacher



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