

Dear Parents and Carers,

We believe that promoting the health and well-being of our children is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This covers many topics including all kinds of relationships.

As you may already be aware, Relationships Education became statutory in all primary schools from the Summer Term 2021. We are pleased that this decision has been made as it means that all children will be able to learn about different relationships, different families, growing up, puberty and their changing bodies. Statutory means we must teach all children the content and parents do not have the right to withdraw their child from statutory lessons.

The Government have produced some information leaflets for parents to explain what the new curriculum consists of and is trying to achieve. To view these resources, please visit <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>.

The PSHE Association states,

‘Teaching about puberty before children experience it is essential to ensure that pupils’ physical, emotional and learning needs are met and that they have the correct information about how to take care of their bodies and keep themselves safe.’

As part of the school’s PSHE programme, children learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe both on and offline. As they progress through to the Primary school Phase [Infants and Juniors], they will cover the following aspects of Relationships Education.

- Pupils in all year groups from Reception to Year 6 are taught that some body parts are private and that their body belongs to them. They are also taught the correct names for their anatomy.
- Pupils in all year groups are taught about what physical contact is acceptable or unacceptable and that they have a right to say no both on and offline (consent). They are taught that they should tell an adult if they are worried. This is vital to support the work we do in keeping all pupils safe. To support us in delivering this message to the pupils, we use information from the NSPCC Underwear Rule campaign. You can find out more at <http://www.nspcc.org.uk/>
- As part of the statutory curriculum, in all year groups pupils learn about, diversity within and between families which includes lesbian, gay and bisexual couples.

Our PSHE/ Relationships Curriculum is fully inclusive in order to meet the needs of all of our pupils in a sensitive and appropriate way which is respectful of their emotional stages, cultural and religious backgrounds.

Our PSHE Statutory curriculum is organised into 3 main themes.

- [Health and Wellbeing](#);
- [Relationships](#);
- [Living in the Wider World](#) (covering economic wellbeing and careers).

In the Relationships theme in KS1 [Years 1 and 2], the children will learn through 2 units which are described below.

It's My Body, explores the choices children can make about looking after their bodies. The lessons look at making safer choices about their bodies, sleep and exercise, diet, cleanliness and substances. The message of choice and consent runs through the unit and children are encouraged to get help from trusted adults when necessary.

All children should be able to...

- explain how much sleep they need;
- discuss why exercise is good for them;
- understand they can choose what happens to their bodies;
- list healthy snacks;
- know to ask a trusted adult if uncertain about whether something is safe to eat or drink;
- demonstrate hygienic ways to look after their bodies.

The second unit in KS1 looks at changes as humans grow. This topic is an introduction to how we grow and change, both physically and emotionally. Children will learn about their own and others' bodies, gender stereotypes and different types of families. They will also learn about respecting their own and others' bodies, keeping their bodies safe and sharing their feelings in response to life experiences.

All children will be able to

talk about their own likes and dislikes.

- understand that different people like different things.
- understand that girls and boys can like different things, or the same things.
- describe how they have changed since they were a baby.
- understand that peoples' needs change as they grow older.
- talk about things they would like to do when they are older.
- discuss some changes that people might go through in life.
- talk about their family and ask others questions about their family.



CLARENDON FEDERATION

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We fully believe that all children should learn about these important life skills in an open, honest and safe environment. Children who do not take part in all of these sessions will find out about the subjects from friends or the internet which can lead them open to misconceptions. You will be able to find further details about the curriculum content in our RSE Policy on the school website.

Teaching staff approach this aspect of the curriculum very sensitively and are aware of how it contributes to pupil's development; supporting them to develop healthy relationships, keep themselves safe and having factually correct information and the skills to positively manage the physical and emotional changes that will happen as they grow into happy, confident and responsible humans.

Parents and carers also play a vital role in talking to their child(ren) about this important part of growing up and keeping themselves safe. To help you understand the type of questions children of different ages may ask and how to best respond to them further information can be obtained from the family planning association website – parent/carers section at <https://www.fpa.org.uk/help-mums-dads-and-carers>

If you would like to see the school's Relationships and Sex Education Policy, please visit the school website.

We believe it is important to have a strong partnership with parents and carers and will always give you notice of what is being taught and when. We will also provide any further reading or support for any parents and carers wishing to discuss the subjects taught with their children at home.

If there is any part of the curriculum that you have queries about, please contact your child's class teacher in the first instance.

Many thanks,

Mrs Lisa Ashford-Smith

Head of School
Clarendon Infants