

Headteacher Mr M Cunniffe

' Relationship and Health Education' Summer Term 2024

Dear Parents,

As part of our Personal, Social, Health and Economic (PSHE) curriculum, next half term (Summer 2), we will be teaching our 'Relationship and Health Education' (RHE) topic. Relationship and Health Education is statutory and forms a part of PSHE subject. All schools in England are required to teach RHE in primary schools and the 'Department for Education' recommends that schools consider teaching Sex Education.

To support the delivery of PSHE and RHE, our school has adopted a quality-assured programme called 1decision which has been kitemarked by the PSHE Association - the UK's governing body for the subject area. The 1decision resources have been created by PSHE and Safeguarding experts, together with schools, and most importantly children.

Parents and Carers **do not** have the right to withdraw their children from lessons that cover the statutory Health and Relationship objectives (this includes puberty lessons) and lessons that cover national curriculum science objectives, including content on human development and reproduction.

As a part of our curriculum our school chooses to deliver the Sex Education element. This content is delivered in year 6 and is taught through 1decision's conception topic. Parents and carers can choose to withdraw their child from this unit.

To assist you in your decision, we want to assure you that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive information based on facts, rather than hearing content second-hand or via online platforms.

To find out more about our chosen provider, we would like to signpost you to their Parent/Carer zone on the 1decision website where you can review the following:


- What is 1decision?
- How will my child's school use the 1decision resources?
- What themes do 1decision cover?
- 1decision content overview (including examples of their puberty and conception animations)
- Examples of 1decision Early Years content
- Understanding RSHE document
- Free home activities and much more!

Parent/carers Zone: <https://www.1decision.co.uk/resources/parent-carer-zone>



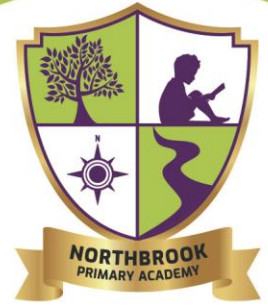
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We hope you will take the time to review this information. Following this, if you would like to withdraw your child from the conception unit, please contact the school through the enquiry email at enquiries@northbrookpa.org with the subject "RSE withdrawal request" and outline your concerns and request for withdrawal in writing.

Along with this letter, you will also have received a knowledge organiser for your child's year group. This document highlights the key learning and vocabulary for their RHE topic.

If you have any further queries about the content or delivery of these units for your child, please do not hesitate to contact us at school.

Kindest regards,


M Cunniffe

Mr M Cunniffe (Headteacher)



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Decision PSHE Knowledge Organiser

Module: Growing and Changing

Topic: Baseline Assessment and Appropriate Touch (Relationships)



Year 4

Key Facts

- It is not always right to keep secrets if they relate to being safe
- Each person's body belongs to them
- It is important to seek help or advice if a relationship is making you feel unsafe or unhappy
- In school and in wider society, you can expect to be treated with respect by others, and in turn, you should show due respect to others, including those in positions of authority
- It is important to understand how to report concerns or abuse
- Marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong

Ask me a question!

- What types of relationships are there?
- What can make a relationship healthy or unhealthy?
- What is the difference between secrets and surprises?
- How could you help someone who feels uncomfortable in a relationship?

I will learn the following new words/phrases:

Nervous	Being fearful, worried, or concerned about someone or an event.
Scared	Feeling fearful or frightened.
Inappropriate	Not right for or suited to the situation or purpose. Not appropriate.
Connection	The act of joining or being joined to something else.
Civil partnership	A civil partnership is a legal relationship which can be registered by two people who aren't related to each other.
Marriage	A formal union and social and legal contract between two individuals that unites their lives legally, economically, and emotionally.

By the end of these topics, I should:

- identify the different types of relationships we can have and describe how these can change as we grow
- explain how our families support us and how we can support our families
- identify how relationships can be healthy or unhealthy
- explain how to ask for help and identify who can help us if a relationship makes us feel uncomfortable

