

Springfield Primary Academy

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Care, Collaboration, Challenge

Relationships and Sex Education (RSE) in Primary Schools

Dear Parent

Last year, the Department for Education announced changes to relationships and sex education. These changes came into effect in September 2020, and all schools are required to comply with the updated requirements. Due to the pandemic, however, we do not have to implement the new curriculum until summer 2021. Below is a link to the new curriculum.

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

In brief, the new relationships curriculum includes teaching about families and people who care for me, caring friendships, respectful relationships, online relationships and being safe. The curriculum also covers mental well-being, internet safety and harms, physical health and fitness, healthy eating, drugs, alcohol and tobacco, health and prevention, basic first aid and the changing adolescent body. This includes key facts about puberty, particularly from age 9 through to age 11, including physical and emotional changes and also about menstrual wellbeing, including the key facts about the menstrual cycle.

Our Science curriculum includes teaching about lifecycles, reproduction in plants and animals and changes to the human body, including puberty.

Our Jigsaw curriculum covers all aspects of the Relationships and Health curriculum that we have to implement, so we do not envisage any changes to what is taught. There are six units that the children cover each year – 'Being Me in My World', 'Celebrating Difference', 'Dreams and Goals', 'Healthy Me', 'Relationships' and 'Changing Me'.

The 'Changing Me' unit is taught in the summer term. Each year group is taught appropriate to their age and developmental stage, building on the previous years' learning. The unit 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 9-10: Puberty for boys and girls, including the social and emotional aspects of becoming an adolescent.
- Ages 10-11: Puberty for boys and girls revisited. Becoming a teenager.

Please see our Relationships and Sex Education policy in the policy section of our website, for more details. This includes more information about the Jigsaw units taught and the RSE curriculum.

If you would like further information about this, or would like to discuss it further, please do not hesitate to contact me.

Yours faithfully

A. Willett