



Birches First School

Relationships, Health and Sex Education

An introduction to the new curriculum requirements



What is changing?

Relationships and Health Education is a new compulsory part of every school's curriculum.

It comprises of two areas:

- Relationships
- Physical health and mental wellbeing

These are not new subjects to us as we have always taught about health and relationships through Personal, Social, Health and Economic education (PSHEe) lessons, but the framework we work from has been updated.



The new Relationships and Health Education curriculum is designed to:

- Help all children grow up healthy, happy and safe.
- Give all children the knowledge to make informed decisions about their wellbeing, health and relationships.
- Support all children to manage the challenges and opportunities of modern Britain.
- Prepare all children for a successful adult lives.

Why make
changes to the
curriculum
now?

As a parent, you teach your child important lessons about healthy relationships, how to look after themselves and staying safe. The new curriculum respects and values what you teach your child, and will complement and reinforce what you teach.



Relationships

- The Relationships part of the new curriculum will teach the children what they need to learn to build positive and safe relationships:
 - With family.
 - With friends.
 - Online.
- We will explore:
 - What is a relationship?
 - What is friendship?
 - What is family?
 - Who can your child look to for support?



Relationships

What will my child have been taught by the end of Birches First School?

- Family and people who care for them.
- Caring friendships.
- Respectful relationships.
- Being safe.
- Change and loss.



The Physical Health and Mental Wellbeing part of the new curriculum will teach the children how to:

- Make good decisions about their own health and wellbeing.
- Recognise issues in themselves.
- Recognise issues in others.
- Seek support as early as possible when issues arise.

Physical Health and Mental Wellbeing



What will my child have been taught by the end of Birches First School?

Physical Health and Mental Wellbeing

- Mental wellbeing.
- Internet safety and harms.
- Physical health and fitness.
- Healthy eating.
- Facts about drugs, alcohol and medicine and the risks associated with them.
- Health and prevention of illness.
- Basic first aid.
- Changes to the adolescent body.



How will the new curriculum be delivered?

- Relationships and Health Education will be covered through our Personal, Social, Health and Economic education (PSHEe) lessons which are taught weekly.
- PSHE lessons are always age appropriate and adapted to meet the needs of all children in each class (including those with SEND). Issues are discussed sensitively and safely.
- A letter will be sent to parents before any sensitive issues are discussed so parents are fully aware when a particular subject is being taught including key vocabulary.



How have we prepared for the changes?

- We have redesigned our PSHE curriculum to incorporate all the new guidance.
- This has been adapted based on the Programme of Study from the Entrust Scheme of Learning and KAPOW.
- We will continue to monitor and review these lessons regularly with parents, staff and governors.



Can I withdraw my child from the new Relationships and Health curriculum?

- Relationship and Health Education forms part of our PSHEe curriculum and these lessons are statutory. Therefore you cannot withdraw your child from any part of the Relationships and Health Education curriculum.
- It is important for ALL children to be taught the content on such essential matters like friendships and keeping safe.



I want to
know more...

- You can find these key documents on the website to provide you with more information:
 - DfE parent guidance document
 - School RSE policy
 - PSHEe curriculum
- If you want to know more about what will be taught as part of the new Relationships and Health Education curriculum, please look online at:
<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guidesfor-schools>
- **Mrs Petrylak** has the curriculum responsibility for PSHEe and RSE, and can be contacted if you require any further information.



As a school community, we are committed to working with parents.

As always if any parents have questions, comments or concerns that they wish for staff and Local Academy Board to take on board, please email our PSHEe/ RSE Lead:
vpetrylak@birches.staffs.sch.uk.