



Brackenfield SEND School
Long Eaton
Derbyshire
NG10 4DA
0115 973 3710
enquiries@brackenfield.derbyshire.sch.uk



Dear Parent/Carer,

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated!

Therefore, as part of the school's wellbeing and relationships curriculum your child will soon receive lessons on relationships, health, puberty and sex education.

The purpose of Relationship, Health and Sex Education (RHSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

We aim for our pupils to grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

This is the content your child will cover this year:

Relationships and Health education				
Reception				
Families and People that Care for Me: that families are important for children growing up because they can give love, security and stability.	Caring People: how important friendships are in making us feel happy and secure, and how people choose and make friends.	Respectful Relationships: the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs.	Mental wellbeing: that mental wellbeing is a normal part of daily life, in the same way as physical health.	Internet Safety and harms: that for most people the internet is an integral part of life and has many benefits.

Any content marked with a '*' is sex education content. The government guidance states it is mandatory to teach relationships and health education including the science behind conception (part of the science national curriculum) to all pupils in an appropriate way. Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. However, 3 terms before the child's 16th birthday they can opt into sex education. If you wish to withdraw your child from all or part of the schools sex education programme please complete [this form](#).

Belong, Believe, Be Brave





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Learning will be tailored to your child's learning and cognition needs and appropriateness to their stage and age is considered. Please view [the RHSE plan on our website](#) to see how this will be done.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner. Please email the class team if you would like to view the resources, have any questions or have any particular information we should be aware of regarding your child and the teaching of RSHE.

We are also running a marketplace event at school this Friday 15th November from 1:30 till 3pm where you can view the RSHE resources and chat to us about any questions or queries you might have.

Yours sincerely,

The RSHE leads

Sarah Preece and Rhiannon Holdway
(Good Health lead) (Friends, Relationships and Community lead)

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