



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					
Year 1					
<p>Families and people who care for me the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.</p>	<p>Science identify, name, draw and label the parts of the human body and say which part of the body is associated with each sense. (and personal hygiene)</p>	<p>Respectful relationships practical steps they can take in a range of different contexts to improve or support respectful relationships. The conventions of courtesy and manners.</p>	<p>Being safe what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context).</p>	<p>Mental wellbeing that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. • how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings.</p>	<p>Internet safety and harms about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing.</p>

Belong, Believe, Be Brave





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



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](#).

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)

Belong, Believe, Be Brave

