



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 | | | |
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| Year 8 | | | |
| <p>Families what marriage is, including their legal status e.g. that marriage carries legal rights and protections not available to couples who are cohabiting or who have married, for example, in an unregistered religious ceremony.</p> | <p>Mental wellbeing that happiness is linked to being connected to others</p> | <p>Physical health and fitness the characteristics and evidence of what constitutes a healthy lifestyle, maintaining a healthy weight, including the links between an inactive lifestyle and ill health, including cancer and cardiovascular ill-health.</p> | <p>Health and prevention about dental health and the benefits of good oral hygiene and dental flossing, including healthy eating and regular check-ups at the dentist</p> |
| <p>Respectful relationships, including friendships practical steps they can take in a range of different contexts to improve or support respectful relationships. • how stereotypes, in particular stereotypes based on sex, gender, race, religion, sexual orientation or disability, can cause damage (e.g. how they might normalise non-consensual behaviour or encourage prejudice). • that in school and in wider society</p> | | <p>Science reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta.</p> | |

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| <p>they can expect to be treated with respect by others, and that in turn they should show due respect to others, including people in positions of authority and due tolerance of other people's beliefs.</p> | | | | |
| <p>Intimate and sexual relationships, including sexual health that all aspects of health can be affected by choices they make in sex * and relationships, positively or negatively, e.g. physical, emotional, mental, sexual* and reproductive health and wellbeing. • the facts about reproductive health, including fertility, and the potential impact of lifestyle on fertility for men and women and menopause.</p> | <p>Online and media not to provide material to others that they would not want shared further and not to share personal material which is sent to them. • what to do and where to get support to report material or manage issues online.</p> | <p>Being safe the concepts of, and laws relating to, sexual consent, sexual exploitation, abuse, grooming, coercion, harassment, rape, domestic abuse, forced marriage, honour-based violence and FGM, and how these can affect current and future relationships</p> | <p>Drugs, alcohol and tobacco the law relating to the supply and possession of illegal substances.</p> | <p>Basic first aid basic treatment for common injuries.</p> |

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](#).

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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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