



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



Dear Parent/Carer,

Young people are exposed to a lot of information about relationships and sex through the internet, television, and other media, which can sometimes be confusing.

As part of the school's Relationships, Health and sex education curriculum, pupils will learn about how their bodies change as they grow up, how to look after themselves physically and emotionally, and the importance of healthy, respectful relationships.

The aim is to help pupils become confident, healthy adults who can make safe and positive choices.

This is the content your child will cover this year:

Relationships and Health education
Year 1 • Families and how family members care for and support one another. • The human body including body parts, the five senses, and personal hygiene. • Respect and kindness towards others, including good manners and healthy friendships. • Staying safe by understanding appropriate boundaries with others, both in person and online. • Emotions and wellbeing by recognising different feelings and learning how to talk about them. • Internet safety by understanding the benefits of being online, the importance of limiting screen time, and how online content can affect wellbeing.

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.

Belong, Believe, Be Brave





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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.

Yours sincerely,

Mrs Chandler and Miss Conway
(FRC Lead) (Good Health Lead)

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