



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 4					
Families and people who care for me that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children's security as they grow up.	Caring friendships that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right.	Healthy eating the principles of planning and preparing a range of healthy meals.	Science describe the simple functions of the basic parts of the digestive system in humans • identify the different types of teeth in humans and their simple functions	Respectful relationships about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help.	Online relationships the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them.

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Being safe how to recognise and report feelings of being unsafe or feeling bad about any adult.	Health and prevention the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn.	Changing adolescent body key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. Including hygiene	Mental wellbeing isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. • that bullying (including cyberbullying) has a negative and often lasting impact on mental wellbeing.	Internet safety and harms that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health.	Physical health and fitness the risks associated with an inactive lifestyle (including obesity).
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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.

Yours sincerely,

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

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