



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 5				
Families and people who care for me that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong.	Caring friendships how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help or advice from others, if needed.	Healthy eating the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health).	Science describe the life cycles and process of reproduction in some plants and animals. Describe the changes as humans develop to old age including changes during puberty.	Respectful relationships what a stereotype is, and how stereotypes can be unfair, negative or destructive. To understand that everyone deserves respect regardless of sex, race, religion, disability or sexual orientation.
Online relationships how to critically consider their online friendships and sources of information including	Being safe how to ask for advice or help for themselves or others, and to keep trying until they are heard. how to report	Health and prevention about dental health and the benefits of good oral hygiene and dental flossing, including regular	Changing adolescent body about menstrual wellbeing including the key facts about the menstrual cycle.	Mental wellbeing where and how to seek support (including recognising the triggers for seeking support), including whom in

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awareness of the risks associated with people they have never met.	concerns or abuse, and the vocabulary and confidence needed to do so.	check-ups at the dentist.		school they should speak to if they are worried about their own or someone else's mental wellbeing or ability to control their emotions (including issues arising online).
Internet safety and harms how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. How to recognise unsafe online behaviour including manipulated and AI-generated images. To understand the importance of reporting inappropriate online content and seeking trusted adult support.		Physical health and fitness how and when to seek support including which adults to speak to in school if they are worried about their health.		Basic first aid how to make a clear and efficient call to emergency services if necessary.

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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