



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 6                                                                                                                                                                               |                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                           |                                                                                                                                    |                                                                                                                                                                                                                                                                                        |
| <b>Families and people who care for me</b><br>how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed. | <b>Drugs, alcohol and tobacco</b><br>the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking. | <b>Science</b><br>identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood<br>• recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function • describe the ways in which nutrients and water are transported within animals, including humans. | <b>Respectful relationships</b><br>the importance of permission-seeking and giving in relationships with friends, peers and adults | <b>Online relationships</b><br>how information and data is shared and used online.<br>To understand how misogyny and harmful online influences can negatively affect relationships. To know how to identify coercion, pressure and manipulation in friendships and online interactions |

*Belong, Believe, Be Brave*





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| <b>Being safe</b><br>where to get advice e.g. family, school and/or other sources. | <b>Health and prevention</b><br>about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • the facts and science relating to allergies, immunisation and vaccination. | <b>Mental wellbeing</b><br>it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. | <b>Internet safety and harms</b><br>where and how to report concerns and get support with issues online. To understand the importance of challenging stereotypes and harmful behaviour online and offline. | <b>Basic first aid</b><br>concepts of basic first-aid, for example dealing with common injuries, including head injuries. |
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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 16<sup>th</sup> 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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