

10th November 2023

Dear Parents and Carers,

At Kilmorie we believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and economic (PSHE) curriculum. PSHE covers many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond. This year we are using an online scheme called '**1decision**' to help us deliver our PSHE curriculum. This will ensure consistency in the teaching of PSHE across the school and will also ensure we are using content that is up to date and relevant for our children.

RSHE (Relationship, Sex and Health Education) is the statutory element of our PSHE curriculum and all schools in England are required to teach RHE (Relationships and Health Education) in primary schools (with the recommendation from the Department for Education to teach about conception and birth). We teach RSHE as part of our PSHE curriculum throughout the academic year. The content includes topics such as naming body parts, families, puberty, menstruation, babies and birth, and relationships and communication skills.

RSHE is a statutory subject and although parents can withdraw their child from the sex education element, we want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. Due to the curriculum content, Year 6 will have an 'RSE Question Box' in the classroom. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. In the 21st century pupils are exposed to so many incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

RSHE is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable, and we want to empower our pupils here at Kilmorie. Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We will be teaching RSHE during the Spring and Summer terms and we will be using content and resources from both the 1decision scheme and the CPW scheme to help us deliver the lessons. A full version of our RSHE policy is available to read on our website [here](#). You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. Below you will find an overview of the RSHE topics that will be covered in each year group and a copy of some frequently asked questions (FAQs). If you would like to see the resources that will be used for any of these lessons or if you have any queries about the content of the programme or resources used, please do not hesitate to contact the school at info@kilmorie.lewisham.sch.uk

Yours sincerely,

Kate McAuliffe
Wellbeing Lead

Overview of the RSHE Curriculum at Kilmorie

<p>Reception Family and Friendship</p> <p>Caring Friendships (recognising the importance of friendships) Being Kind (recognising the importance of saying sorry and forgiveness) Families (recognising that all families are different)</p>	<p>Year 1 Growing and Caring for Ourselves</p> <p>Different Friends (understanding that we are all different but can still be friends, how we behave within our friendships and how these behaviours can affect others) Growing and Changing (explores the human cycle and how our families are special and unique) Families and Care (identifying who can help when families make us feel unhappy or unsafe)</p>	<p>Year 2 Differences</p> <p>Differences (introducing the concept of gender stereotypes and identifying the differences between male and females) Male & Female Animals (exploring some of the differences between males and females and understanding how this is part of the lifecycle) Naming Body Parts (describing the physical differences between males and females and naming the different body parts)</p>	<p>Year 3 Valuing Difference and Keeping Safe</p> <p>Body Differences (identifying that people are unique and to respect those differences) Personal Space and Touch (looks at appropriate and inappropriate physical contact and consent, enables children to explore who they can talk to if they feel uncomfortable in a relationship)</p>
<p>Year 4 Growing and Changing: Appropriate Touch</p> <p>Changes (exploring the human life cycle) What is Puberty? (identifying some basic facts about puberty and how it is linked to reproduction) Healthy Relationships (explores respect in a range of relationships, how relationships can be unhealthy or uncomfortable and characteristics of a healthy relationship)</p>	<p>Year 5 Growing and Changing: Puberty</p> <p>Talking about Puberty (looks at the different emotional and physical changes boys and girls go through during puberty in more detail and the importance of physical hygiene) The Reproductive System (understanding how puberty affects the reproductive organs) Help and Support (explores ways to get support during puberty)</p>	<p>Year 6 Growing and Changing: Puberty, Relationships and Reproduction</p> <p>Puberty & Reproduction (how and why the body changes during puberty in preparing for reproduction) Communication in Relationships (exploring the importance of respect and communication in relationships) Families, Conception and Pregnancy Online Relationships (looks at how a baby is conceived, the various stages of pregnancy and considers different ways people might start a family, explores positive and negative ways of communicating in a relationship)</p>	

Frequently Asked Questions

What are the aims of RSHE in our school?

Depending on the age of the children and the lessons in their particular year group, we want RSHE to:

- develop the confidence to talk, listen and think about feelings and relationships
- develop friendship/relationship skills
- develop positive attitudes, values and self-esteem
- provide knowledge and understanding about puberty and the changes that will take place
- provide knowledge and understanding about reproduction and sexuality
- address concerns and correct misunderstanding that children may have gained from the media and peers
- develop skills to help children protect themselves against unwanted sexual experience
- empower pupils to understand their bodies are amazing and they have a right to talk about keeping safe and consent in a manner of situations not just those linked to sexual intimacy
- know where and how to seek help
- to empower children with the confidence to talk about their bodies and their feelings.

What are the different topics in the RSHE curriculum at primary school?

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe
- Mental well-being
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol, tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body
- How babies are made and born

Can you explain the school's RSHE morals and values framework?

RSHE follows the school's agreed aims, values and moral framework, which is sensitive to the needs and beliefs of pupils, parents, carers and other members of the school community. RSHE will be delivered within the school's agreed policy and in line with the Equality Act 2010; our teaching will be inclusive.

RSHE will support the importance of marriage or stable relationships for family life and bringing up children. Care is taken to ensure children are not stigmatised according to their different home circumstances and all families will be discussed as part of a diverse community.

Families sometimes look different from a child's own family; children need to understand that they should respect those differences and know that other children's families are also characterised by love and care.

Pupils will be encouraged to understand that thinking about morals and values also includes:

- respect for ourselves and others
- commitment, trust and love within relationships
- an understanding of diversity in relation to religion, culture and sexual orientation
- an honesty with ourselves and others
- self-awareness

- exploration of our rights, duties and responsibilities.

Misunderstandings about RSHE

Schools have an important role to play in RSHE.

There is sometimes concern that RSE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSE has an effect it is a positive one: *'sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour'*.

Secretary of State Foreword 2020:

'Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way'.

(See www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education)

Taken from <https://my.optimus-education.com> and amended by Kilmorie.