



Kings Meadow School

Believe and Achieve



Dear Parent/Guardian

At Kingsmeadow School, the building of positive, meaningful relationships at all levels are fundamental to our ethos and values and is at the heart of everything we do. We use the PSHE association to plan and deliver our **PSHE** and **RSHE** lessons.

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 Relationships, Sex and Health Education (RSHE) is for our children to grow up happy, healthy and safe, both today and in their futures. RSHE is designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Relationships Education: (Compulsory)

This will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. We will cover how to treat each other with kindness, consideration and respect. By the end of primary school, your child will have been taught content on:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health education: (Compulsory)

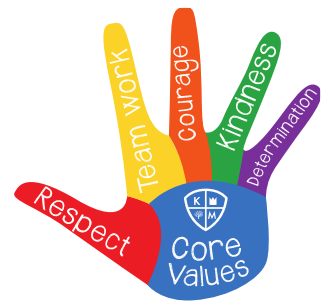
This aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise. By the end of primary school, your child will have been taught content on:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated with drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body



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Sex Education:

The sex education programme prepares pupils for the changes adolescence brings. This draws on knowledge of the human life cycle, set out in 'The National Curriculum' for science.

The national curriculum for science includes subject content such as the main external body parts, the human body as it grows from birth to old age (including puberty) and reproduction in some plants and animal.

Sex education includes; puberty, conception, reproduction and birth. Puberty is already statutory under Health Education and National Curriculum Science (no right to withdraw). Birth and reproduction are also included in the Science curriculum (no right to withdraw). Conception is not outlined in the national curriculum for science. This is, by definition, 'how a baby is **conceived**', this means what happens during sexual intercourse before an egg and sperm meet (**reproduction**). You do have the right to withdraw your child from this lesson content.

Although parents/carers have the right to request to withdraw their child, it is our aim to encourage parents to see the value of RSE learning and its contribution to keeping children safe, developing their emotional, social and physical wellbeing and for promoting equality and social justice.

Should a parent/guardian decide that they do not wish their child to take part in the non-compulsory sex education lessons, we would ask that they first speak to the headteacher to discuss their concerns. The headteacher will discuss the request with the parent/carer to fully understand and address any concerns/objections to the content of the curriculum. If parents/guardian do decide to withdraw their child, they should inform the headteacher in writing and the school will keep a record of this.

Yours sincerely,

Helen McCormack
Headteacher