

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the left and right sides of the page, framing the central white area.

Park Hill Junior School RHSE Parent Information

Home and School Partnership

We aim to inform you of:

- ▶ The school's legal obligations on Relationships, Health and Sex Education.
- ▶ Your rights as a parent/carer.

We wish to consult with you on how, what, why and when we intend to teach your children RHSE.

Common Principles

- ▶ We all want what is **best for our children**.
- ▶ We all want to **protect our children and keep them safe**.
- ▶ We all want our children to be **happy and healthy**.

High quality RHSE plays a very important part in this.

Changes to the curriculum

From Summer 2021 the Department for Education is making Relationships and Health Education compulsory in all schools.

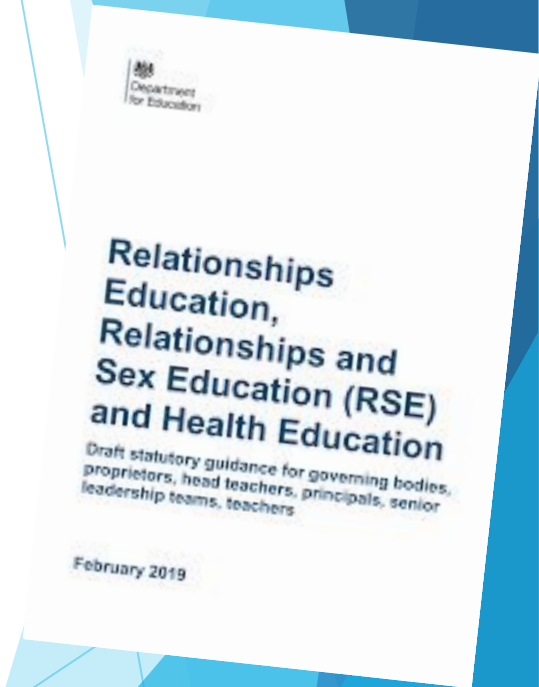
- New guidance focuses on healthy relationships and keeping children safe in the modern world.
- It also covers a wide range of topics relating to physical and mental health, well-being, safeguarding and healthy relationships.
- Learning about the emotional, social and physical aspects of growing up will give young people the information, skills and positive values to have safe and fulfilling relationships and will help them take responsibility for their own well-being.

What must we teach in Primary Schools?

Relationships Education is **COMPULSORY**.

Health Education is **COMPULSORY**.

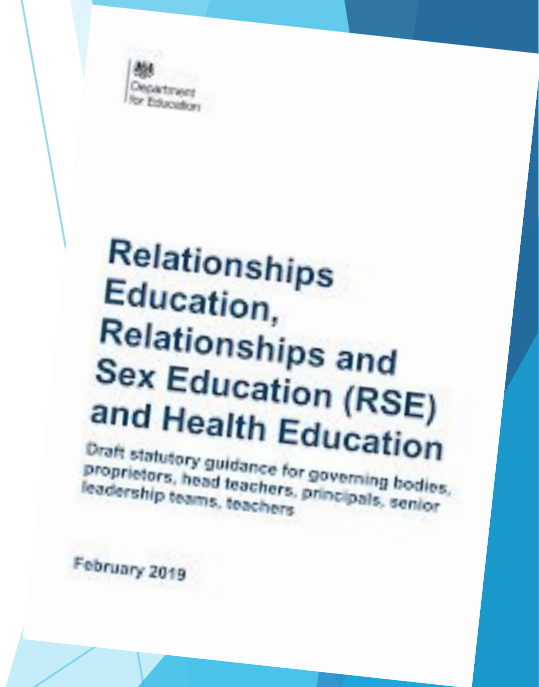
Sex Education is at the discretion of the school.



What does the government say is the aim of Relationships Education?

‘Today’s children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline...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.’

DfE guidance on Relationships Education, Sex Education and Health Education 2019



Relationships Education

- Relationships Education will put into place the building blocks needed for positive and safe relationships including with family, friends and online.
- At Park Hill Junior school your child will be taught; what a relationship is, what family means and who can support them. In an **age-appropriate way** we will cover how to treat each other with kindness, consideration and respect.

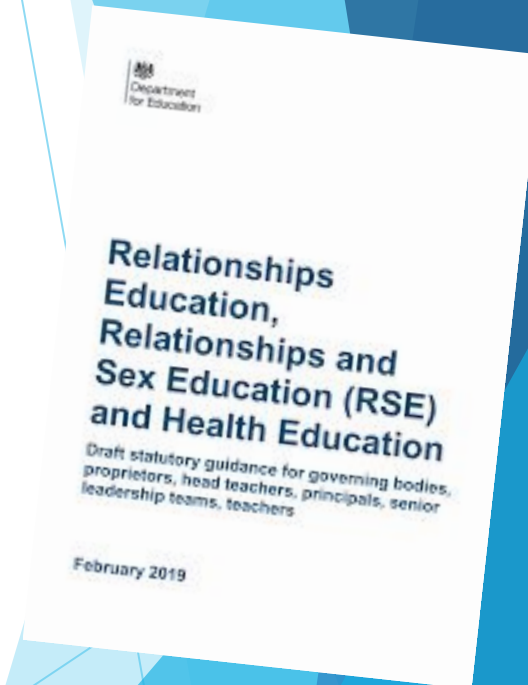
By the end of primary school children would have been taught the following content:

- Families and people who care for me
- Caring Friendships
- Respectful Relationships
- Online Relationships
- Being Safe

What does the government say is the aim of Health Education?

‘The aim of teaching pupils about physical health and mental well-being is to give them the information that they need to make good decisions about their own health and well-being. It should enable them to recognise what is normal and what is an issue within themselves and others and, when issues arise, know how to seek support as early as possible from appropriate sources.’

DfE Primary Health and Mental Well-being 2020



Health Education

Physical and mental well-being are interlinked and it is important that pupils understand that good physical health contributes to good mental well-being and vice versa.



By the end of primary school children would have been taught content on:

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

Delivery of the RHSE Curriculum

- ▶ We will be delivering our RHSE curriculum through our **Jigsaw PSHE** lessons as well as through our **Christopher Winter Project** scheme of work and **science lessons**.
- ▶ We will be teaching the **statutory requirements** from the RHSE and science curriculums
- ▶ We may teach some of the content of the previous year group if there are gaps in learning due to last year's lockdown.

Why is it important to teach RHSE?

- ▶ RHSE can help prevent prejudice and racism through its emphasis on equality and respect.
- ▶ It promotes healthy gender relationships and critical thinking skills.
- ▶ RHSE foregrounds the importance of consent.
- ▶ 70% of young people say they wanted to know more at their first sexual experience, and that they wanted to get this information from school.

What is happening in Croydon?

- ▶ Nearly half of the children in Croydon are overweight or obese.
- ▶ Croydon has a higher rate of teenage pregnancy than other parts of the country.
- ▶ 3,500 children had to have hospital treatment for tooth decay in 2017-18.
- ▶ 12.8% of children in England have a mental health disorder (2017) and 5% have two or more.

The Christopher Winter Project

The Christopher Winter Project scheme of work provides our children with the knowledge, understanding and skills that enable them to make choices that lead to a healthy lifestyle and develop to their full potential.

Our Relationships and Sex Education programme teaches children about respectful relationships, care and consideration for themselves and others, personal hygiene, parts of the body, puberty, change and reproduction. The programme also aims to equip them with the social skills that enable them to make informed decisions in relation to relationships.



What does a typical lesson look like?

Before teaching any RHSE lesson at Park Hill Junior School teachers will establish these ground rules:

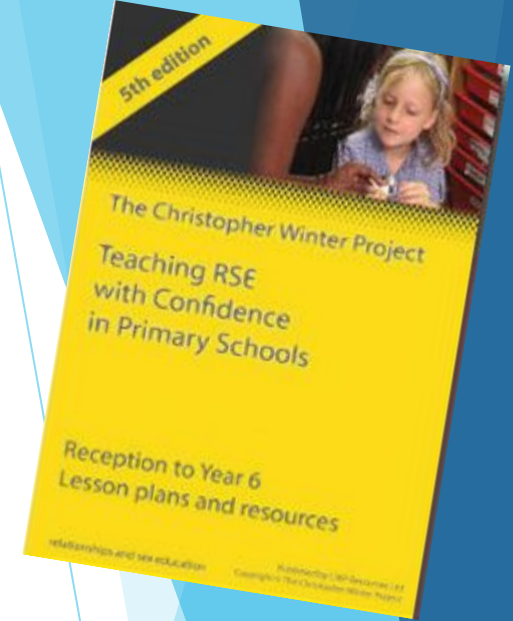
- ▶ Nobody will be made to talk about anything they don't want to.
- ▶ We will use the correct names for parts of our bodies and the things they can do.
- ▶ If we are worried or scared about anything we can talk to our teacher after the lesson.
- ▶ Anything we say in this lesson will be kept private, unless we say something that makes our teacher think we need help. If that happens they might have to tell other grown-ups who can keep us safe.
- ▶ We will be polite and respectful to everyone at all times.
- ▶ If anyone continues to break our agreement, the consequence will be a lunch time reflection.

What does a typical lesson look like?

- ▶ All year groups are taught by their class teachers who are trained in delivering high quality RHSE lessons.
- ▶ In Years 3 and 4 all children learn together.
- ▶ In Years 5 and 6 children are separated into gender groups to learn about specific changes that can occur within their own and others' bodies as they go through puberty. We find that this helps children feel more confident to ask questions. They also have the opportunity to learn about one another.
- ▶ Children have the opportunity to write any questions on a piece of paper at the end of the lesson. Teachers then read all questions confidentially and only answer those that are age appropriate. This helps to carefully monitor questions and only share what is appropriate for their cohort.

Parental right to withdraw

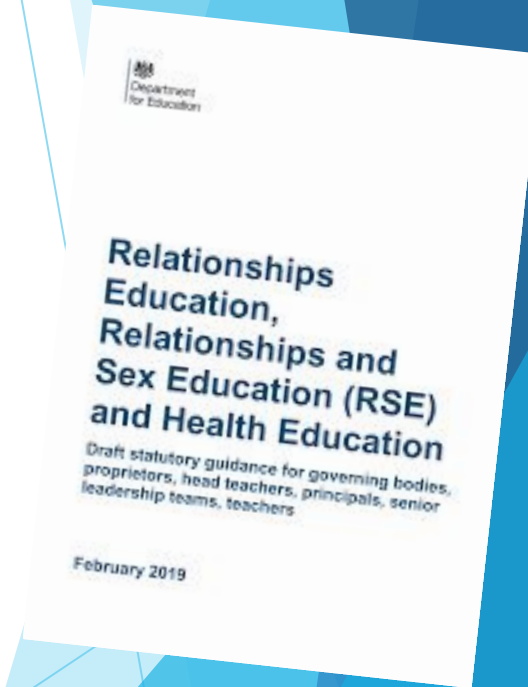
- ▶ The CWP resource forms a spiralling curriculum of Relationships and Sex Education. The Sex Education element of the scheme of work as a whole is in line with the science curriculum. Lessons on puberty form part of the **statutory** Health Education which means parents do not have the right to withdraw their children from these particular lessons.
- ▶ The one exception would be a session in Year 6 which includes **age appropriate** discussions on how a baby is conceived and born. If as a parent/carer you feel that this lesson is not appropriate for your child then you would have the right to excuse your child from this lesson only.



What does the government say about Sex Education in Primary Schools?

- ▶ *‘Many primary schools already choose to teach some aspects of sex education and will continue to do so, although it is not a requirement.’*
- ▶ *‘It is important that the transition phase before moving to secondary school supports pupils’ ongoing emotional and physical development effectively. The department continues to recommend therefore that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.’*

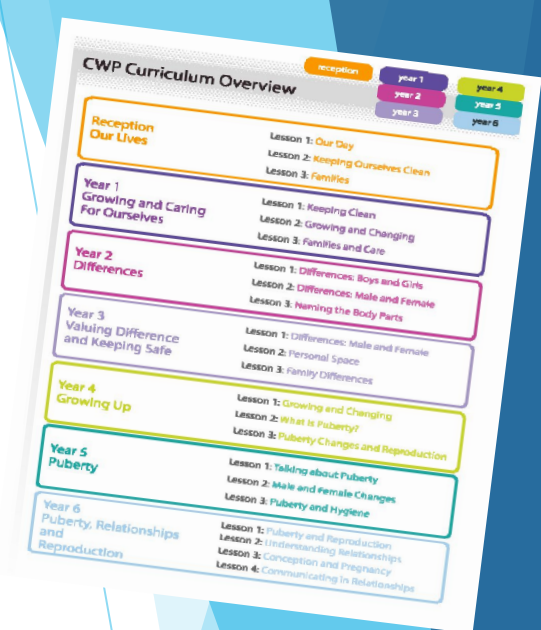
DfE Guidance on Relationships Education (Primary) June 2020



Christopher Winter Project Curriculum overview:

Year Group	Theme	Lessons:
Year 3	Valuing difference and keeping safe	Lesson 1: Differences in Male and Female Lesson 2: Personal Space Lesson 3: Family Differences
Year 4	Growing up	Lesson 1: Growing and Changing Lesson 2: What is puberty? Lesson 3: Puberty changes and Reproduction.
Year 5	Puberty	Lesson 1: Talking about puberty Lesson 2: Male and Female changes Lesson 3: Puberty and Hygiene Lesson 4: Respect and Equality
Year 6	Puberty, Relationships and Reproduction	Lesson 1: Puberty and Reproduction Lesson 2: Understanding Relationships Lesson 3: Conception and Pregnancy* Lesson 4: Communicating in Relationships

* Year 6, lesson 3 on age appropriate conception and pregnancy, parents are able to withdraw their child from only this lesson. All other lessons fall under the statutory guidance for Science and Health curriculums.





- ▶ Alongside the Christopher Winter Project which is the scheme of work we use to teach RHSE, Park Hill Junior School is also using the Jigsaw approach to PSHE.
- ▶ Jigsaw is a teaching and learning program which includes the statutory RHSE and has a strong focus on emotional and mental health and well-being.
- ▶ Jigsaw believes that this is vital to support children's development and to underpin their learning capacity and that is the most effective when parents and carers work in partnership with the school. They, like us and parents, want children to be safe, healthy and happy. Jigsaw is respectful of the faiths, beliefs and contexts of our children and their families.



Jigsaw is a comprehensive scheme of work for the whole primary school. The Jigsaw teaching materials integrate; Personal, Social Health Education (PSHE), emotional literacy, social skills, mindfulness and spiritual development in a whole school approach.

The expectations of the DfE Relationships and Health Education guidance are woven throughout Jigsaw. The content is delivered under six headings, each containing six lessons.

The six headings are:

- Being me in My World
- Celebrating Differences
- Dreams and Goals
- Healthy Me
- Changing Me
- Relationships

Statutory Science

In KS2 Science children are required to:

- Understand that the life processes common to humans and other animals including nutrition, growth and reproduction.
- Learn about the main stages of the human life cycle.

In Years 5 and 6 children will learn to:

- Describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird
- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

How does the RHSE curriculum fit together?

Topic	Relationships education	National curriculum science	Health education
Parts of the body	Safe/unsafe contact Privacy and boundaries Responding safely to adults	Identify, name and label the main parts of the body	Hygiene Healthy behaviours (eg diet and sleep)
Growing up and puberty	Stereotyping and prejudice Respect Permission-giving	The changes as humans develop into old age	The changing adolescent body Understanding emotions Seeking help when unwell or unhappy
Reproduction	The role of families in caring for babies and children	The different types of reproduction How animals including humans have offspring	Menstrual wellbeing

How can you help your child at home?



<https://www.bbc.co.uk/newsround/56267456>

BBC-Let's talk about periods
Great for Boys and Girls from
year 5.

amaze

About ▾

Educators

Parents

MORE INFO. LESS WEIRD.

AMAZE takes the awkward out of sex ed. Real info in fun, animated videos that give you all the answers you actually want to know about sex, your body and relationships.

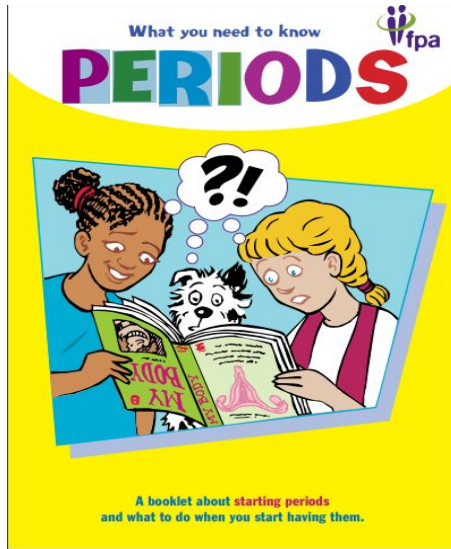
Check us out on YouTube

<https://amaze.org/>

Resources for:

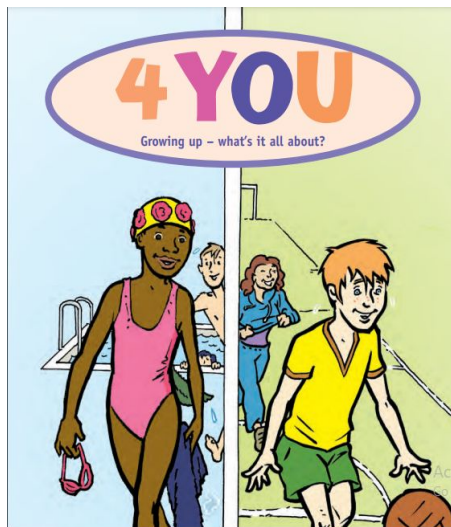
- Sex Education
- Puberty
- Same sex relationships

How can you help your child at home?



<https://www.fpa.org.uk/sites/default/files/periods-what-you-need-to-know.pdf>

Information about starting periods.



<https://www.fpa.org.uk/sites/default/files/4you-growing-up-primary-school-booklet.pdf>

Information for boys and girls going through puberty.

How can you help your child at home?

What are the PANTS rules?



<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

NSPCC-Private body parts



<https://www.pacey.org.uk/news-and-views/pacey-blog/october-2019/teaching-children-about-their-private-parts/>

Information for parents on how to teach the names of the private body parts and why this is important for a child's body confidence and self esteem.

If you have further questions

We are very happy to answer any questions you may have. Please see your child's Class Teacher or Phase Leader after school.

Alternatively you can email the school office with your query, office@phjs.foliotrust.uk marking your email with RHSE so that it can be forwarded to Miss Filiga.

We look forward to working with you in parent partnership, remembering:

- ▶ We all want what is **best for our children**.
- ▶ We all want to **protect our children and keep them safe**.
- ▶ We all want our children to be **happy and healthy**.