



**THE BAIRD
PRIMARY
ACADEMY**

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Principal: Carly Welch

Dear Parents and Carers,

Re: Relationships and Sex Education

The Baird Primary Academy prides itself on delivering effective, age-appropriate relationships and sex education (RSE) that meets the needs of all our pupils, within an inclusive and supportive learning environment, using non-biased resources. RSE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

Over the next two terms we will be teaching RSE to all our pupils. This year, we are continuing to use the 'RSE Solutions' program that was created for schools in East Sussex. This is our second year of using this programme and would ask for your continued support.

The programme breaks down learning into 6 key sections and pupils discuss and complete activities relating to My Feelings, My Body, My Relationships, My Beliefs, My Rights and Responsibilities and Asking for Help.

RSE will deliver a curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues. Please see overleaf for the RSE curriculum

I would like to take this opportunity to reassure you that none of the teaching materials or strategies should shock pupils. All lessons will be taught in a strictly non-judgemental and non-biased manner to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's relationships and sex education with them at home. This is an opportunity for you to share your family values in relation to the topics, building strong channels of communication about emotions, the human body and relationships with your child.

If you would like to know more information about our programme of relationships and sex education, our RSE policy is located on our website. Please feel free to contact the school if



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you would like to discuss our programme of relationships and sex education on an individual basis.

Yours sincerely

Mrs A Peacock
PSHE Leader and Year 5 Teacher

Year Group	My Feelings	My Body	My Relationships	My Beliefs	My Rights and Responsibilities	Asking for help
Rec	How feelings are expressed, words to describe feelings and simple strategies for managing feelings.	Basic Personal hygiene.	Celebrating similarities and differences	Likes, dislikes and making choices	Personal privacy. The right to keep some things private. Respecting other people's privacy.	Special people, what makes them special and how special people care for one another
1	Recognising how others show feelings and how to respond.	Naming the main parts of the body, including external genitalia using scientific terms.	Listening to other people, playing and working cooperatively. Resolving simple arguments through negotiation.	Celebrating similarities and differences between people.	The right to be protected from diseases, and the responsibility to protect others.	The people who look after us. Who to go to if you are worried and how to attract their attention.
2	Recognising and celebrating strengths and achievements. Setting simple but challenging goals.	Growing and changing throughout life.	Understanding that bullying is wrong and unacceptable.	Different families. Understanding there has never been and will never be another them.	Judging what kind of physical contact is acceptable, comfortable and uncomfortable and how to respond.	The difference between secrets and surprises, and the importance of not keeping a secret that makes them feel uncomfortable, worried or afraid.
3	Identify personal strengths and set aspirational goals, understanding how this build high self-esteem.	Understanding of how their body may change as they grow and develop	The attributes of positive, healthy relationships.	Challenging gender stereotypes	The right to protect their body from unwanted touch.	The differences between secrets and surprises, knowing when it is right to break confidence and share a secret.
4	Recognising a wide range of emotions. Responding to their own, and other people's emotions.	Anticipate body changes, understanding that some are related puberty.	Acceptable and unacceptable physical behaviours and how to respond.	That similarities between people arise from a number of factors including family types and personal identity.	That marriage is a commitment freely entered into.	Knowing when to ask for help to manage a situation, and have skills to ask for help.
5	How emotions may change as they approach, and move through puberty.	Anticipate how their bodies may change as they approach and move through puberty.	Healthy relationships, including the skills to manage and maintain healthy relationships.	Correct terms to describe gender and sexual orientation, including the unacceptability of homophobic and	Strategies for keeping safe, online; knowing personal information can be shared easily.	How to manage accidental exposure to upsetting online material including who to talk to about this.

				transphobic bullying.		
6	That images in the media, including online do not always reflect reality, and can affect how people feel about themselves.	That sexual intercourse leads to reproduction. The scientific terms to describe male and female sexual organs.	The nature and consequences of discrimination including the use of prejudice-based language.	That some cultural practices are against British law, including Female genital mutilation (FGM)	That some infections can be shared during sexual intercourse, and that a condom can help to prevent this.	Knowing when, who and how to ask for help and independently or with support.