



5<sup>th</sup> December 2016

Dear Parent / Carer

As a school we are committed to providing all pupils with a planned Personal, Social, Health, Education (PSHE) programme to enable them to acquire the knowledge, understanding, skills and strategies they need to develop an understanding of themselves, empathy and the ability to work with others. The programme is also designed to help pupils form and maintain good relationships, develop the essential skills for future employability and better enjoy and manage their lives. A full outline of our PSHE curriculum is published on our school website.

As part of the planned programme we teach pupils about the topic 'Me and My Relationships' which covers aspects of Sex and Relationships Education. The aim is to ensure pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe. Key aspects of this curriculum area also develop personal skills, strategies to draw on if and when confronted by difficult choices. Throughout our whole curriculum we encourage the children to reflect on the whole school values of Generosity, Compassion, Courage, Forgiveness, Friendship, Respect, Thankfulness, Trust, Perseverance, Justice, Service and Truthfulness.

Our Sex and Relationships Curriculum is as follows and is in line with North Yorkshire recommendations:

- Year 1 and 2's being taught the names for different body parts which include the names for external genitalia and to know the difference between boys and girls. Year 1, 2 and 3's are taught about what physical contact is acceptable or unacceptable. This is vital to support the work we do in keeping all pupils safe. Pupils need to have the language to describe the private parts of their body and learn that their body belongs to them, they have a right to say no, and that they should tell an adult if they're upset or worried. To support us in delivering this message to the pupils we use information from the NSPCC Underwear Rule campaign. There are examples on our website of resources we may use. You can also find out more at <http://www.nspcc.org.uk/>
- In Year 4 pupils start to learn that their body and emotions will change as they get older.
- In Year 5 pupils learn about all the male and female body parts and the ways in which boys and girls grow and develop in puberty both physically and emotionally.
- For Year 5, this year we are using the 'Busy Bodies' resource. This is available to view online at [www.healthpromotion.ie/health/inner/busy\\_bodies](http://www.healthpromotion.ie/health/inner/busy_bodies) and you can watch different sections of the DVD near the bottom of the page. We will not be showing the 'How babies are made' section in school.
- In Year 6 pupils further develop their understanding of the physical and emotional changes they go through at puberty and about human reproduction.

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- Throughout all year groups pupils learn about 'Different Families' which does include lesbian, gay and bisexual couples and there is also work on gender identity which includes information about Trans young people.

Teaching staff approach all aspects of this curriculum very sensitively and are aware of how it contributes to pupils' development, ultimately **supporting them to develop healthy relationships, keep themselves safe and having factually correct information and the skills to positively manage the physical and emotional changes that will happen. Our core aim is that all our children grow into happy, confident and responsible teenagers.**

Obviously, parents and carers also play a vital role in talking to their child(ren) about this important part of growing up and keeping themselves safe. Within this safeguarding context, we are including on-line safety and, to this end, there are lots of resources on our website to support your child using the internet securely. In addition, to further help you understand the type of questions children of different ages may ask, and how to best respond to them, further information can be obtained from the family planning association website – parent/carers section at <http://www.fpa.org.uk/help-and-advice/advice-for-parents-carers>

Some aspects of this curriculum are delivered through the National Curriculum Science, some through Computing and some through the PSHE curriculum. Parents / carers do have the right to withdraw their child(ren) from the PSHE curriculum but we would ask that you contact either the Head teacher, the PSHE coordinator or your child's teacher to discuss any concerns first.

If you would like to see the schools sex and relationships policy, any of the teaching resources or have any further questions about this aspect of the curriculum please do not hesitate to get in touch.

With kind regards,

Mrs J. Swinbank  
Assistant Head and PSHE Coordinator.

