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Friday 21st May 2021

Registered Company Number
07768645

Relationships, Health and Sex Education in PSCHE lessons

Dear Parent/Carer,

After half term, we will be looking at 'Changes' in your child's PSCHE lessons in school. The lessons on changes focus on different types of changes that can happen in our lives and how to cope with change. It also includes some aspects of the new statutory Relationships, Health and Sex Education curriculum.

What is in the Relationships, Health and Sex Education Curriculum?

You can find all of the information about the new statutory (legal) requirements for schools [by clicking here](#). You can also find our policy [by clicking here](#) (this is the same one that was sent to you for consultation in March).

Our curriculum has been developed to take into account the age, needs and feelings of children. It brings together elements of relationships, health and sex education.

- **Relationships education** focuses on teaching the fundamental building blocks and characteristics of positive relationships including families, caring friendships, respectful relationships, online relationships and being safe.
- **Health education** elements include mental wellbeing, internet safety, puberty and menstruation.
- Most **sex education** components of our curriculum are included in the National Curriculum for science or are included in compulsory health education.
- The **non-statutory components of sex education within our RSE curriculum** are those which include age appropriate discussions on adult sexuality and how a baby is conceived and born. These are specific lessons in Year 6.

Why do we teach Relationships, Health and Sex Education?

Apart from being a legal requirement for schools, Relationships, Health and Sex Education is important to help and support children through their physical, emotional and moral development.

It helps children grow up able to enjoy the positive benefits of loving, rewarding and responsible relationships. It makes sure they are informed and comfortable with their bodies; that they understand the changes during puberty; that they are healthy and are physically and emotionally safe.

Being aware of and able to talk about their body, relationships and feelings is vital for children to stay safe and seek help if they feel at risk or are being harmed.

Children can start to go through puberty from the age of 8 (Year 3) and the physical and emotional

changes that take place can be very confusing, and even frightening, if they do not accurately understand what to expect.

What will be taught and how will it be taught?

Relationships, Health and Sex Education teaching at Belleville recognises and acknowledges the diversity of people, faiths, cultural backgrounds, family structures and relationships. It promotes awareness and understanding of the wide range of practices and beliefs within our society without promoting any particular practice or belief as right or wrong.

The areas of learning are taught within the context of family life, taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents/carers, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) and reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

The training and guidance given to teachers ensures that the personal beliefs and attitudes of teachers will not influence their teaching. The teachers have a clear plan of what they are teaching and all of resources they have been given fit with the school's policy. The teachers will only use biological language to name and describe body parts and the children will be expected to do the same. Clear ground rules are set so that children understand that personal comments or questions, from teachers or children, are not an appropriate part of the lesson.

Children will be encouraged to ask questions and teachers have clear guidance on how to handle children's questions accurately whilst also being sensitive to the range of knowledge, beliefs and attitudes in the class. If children ask questions outside the scope of this policy, teachers will respond in an appropriate manner so that pupils are fully informed and don't seek answers online with some examples below:

1. Questions which are about the objective and content of the lesson and are generally age appropriate will be answered for the whole class.
2. Questions which ask for more detail than the whole class needs or which are not about the lesson focus will be answered later, one to one and away from the other children.
3. Questions which require a great deal of detail or are much more advanced than the lesson focus will be referred back to you as parent/carer so that you can judge how much and what you want your child to know at this stage.

Right to withdraw from lessons

Parents and carers do not have the right to excuse (withdraw) their children from relationships education, health education and the statutory sex education teaching which is part of the science curriculum.

This is because this is a statutory requirement for primary schools to teach knowledge, attitudes and behaviours, both formally and informally, which enable all children to develop emotionally, physically, spiritually, morally, socially, and culturally; to keep themselves healthy and safe and to promote British values the rule of law, individual liberty, and mutual respect and tolerance of those with different faiths and beliefs.

Parents and carers do have the right to excuse/withdraw their children from non-statutory sex education sessions. These lessons are only in Year 6 and are clearly **labelled in red** on the lesson outline below.

This is because the non-statutory elements of sex education are not compulsory in primary schools. These lessons have been included within the school curriculum to support children's emotional and physical development before transferring to secondary school environments.

What will be taught this year?

As most children were at home because of the pandemic in 2020, children will cover two years of content in 2021.

	Lesson	Learning Outcomes
Reception Family and Friendship	1. Caring Friendships	Know that friendships can make us feel happy. Know some ways that we can make new friends feel welcome.
	2. Being Kind	Know that arguing with friends and then making up can make friendships stronger. Know that resorting to violence is never right.
	3. Families	Identify different members of the family. Understand how members of a family can help each other.
Vocabulary	<i>Friendship, kindness, happy, sad, shy, feelings, lonely, sorry, angry, family, mum, dad, brother, sister, grandma, grandad, stepmum, stepdad, foster mum, foster dad</i>	

If you would like to:

- discuss what is going to be taught in more detail
- discuss your right to withdraw your child from lessons
- request a paper copy of policies

please speak to or email the office on enquiries@bellevilleschool.org to arrange a meeting with a senior member of staff as soon as possible and before the half term holiday.

Best wishes,

Mary Lyne Latour
Headteacher Infants

Sarah Atherton
Headteacher Juniors