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Relationship and Sex Education (RSE)

Dear Parents/Carers,

As part of your child's educational experience at Neasden we aim to promote personal wellbeing and development through our Personal, Social, Health and Economic (PSHE) education. We aspire to give children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive, and fulfilled lives, both now and in the future. As part of the school's PSHE programme, your child will be receiving teaching on key concepts including:

- Healthy and unhealthy relationships
- Keep the body healthy and the impact of making unhealthy choices.
- Mental health and well-being
- Internet safety and the dangers of digital content
- sex education and sexual health
- Human rights and citizenship
- Families and the different types of families
- Keeping safe

Lessons on these subjects will vary depending on the age of the children. All materials have been chosen appropriately and tailored to the children within our school and individual classes. You can view an overview of the learning objectives for each year group on the PSHE section of our school website.

Following nationwide consultation, the Department of Education has announced changes to the Relationships and Sex Education part of PSHE. In the summer term your child will be taking part in a series of PSHE Relationship and Sex Education (RSE) lessons called 'Changing Me.' The 'Changing Me' unit is taught over a period of 6 weeks during the second half of the summer term.

What will my child be taught during this unit?

- Foundation: Growing up and how we have changed since we were babies.
- Year 1: How we have changed since we were babies. Boys' and girls' bodies; body parts and respecting privacy.
- Year 2: Boys' and girls' bodies; respecting privacy (which parts of the body are private and why this is) various ways that boys and girls are different, both physically (using the correct terminology for body parts) and in personality and behaviour.
- Year 3: Identify and label boys and girls bodies (using the correct terminology for body parts), personal hygiene and some body changes that happen as we get older.
- Year 4: Internal and external reproductive body parts, body changes in boys and girl and menstruation.
- Year 5: Puberty for boys and girls (*taught by the school nurse*) and conception.



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- Year 6: Puberty for boys and girls and understanding conception to the birth of a baby (*taught by the school nurse*).

From **September 2020** in line with the Department for Education's new guidelines **Relationship and Health Education** (including the changing adolescent body) has been made **compulsory**. In addition to this, the Science National Curriculum states that children in KS1 should be able to identify, name, draw and label the basic parts of the human body and children in Years 5 and 6 should be able to describe the changes as humans develop to old age. Therefore, the right to opt out from the objectives listed above will be withdrawn. However, parents of children in Year 5 and 6 will still be able to withdraw their children from the following objectives, which fall under Sexual Education and not RSE:

Year 5:

- To understand that sexual intercourse can lead to conception.

Year 6:

- To explain how a baby develops and is born.
- To understand how being physically attracted to someone changes the nature of the relationship.

A letter with the option to withdraw your child from these objectives will be sent out closer to the Summer term.

Why do we teach Relationship and Health Education?

- To enable young people to understand and respect their bodies, and be able to cope with the changes puberty brings, without fear or confusion.
- To help young people develop positive and healthy relationships.
- To support young people to have positive self-esteem and body image.
- To empower them to be safe and safeguarded.

Who can you discuss these changes with?

Our PSHE and SRE policy is available to view on the PSHE section of the school website. We appreciate any feedback on this document and hope that in consulting you, we can address any concerns. If you wish to ask any further questions or view the teaching materials in more detail, then please contact the school office and ask to speak our PSHE lead (Miss Andrews) who will be happy to help you.



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