

Dear Parent/Carer,

RSHE (Relationships, Sex Education and Health Education) Parent Update

At LFPA, we teach RSHE through our PSHE lessons using the Jigsaw programme, which is fully compliant with the statutory relationships and health education guidance (2019). The statutory guidance can be found here:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sexeducation-rse-and-health-education>

Relationships Education	Health Education
Families and people who care for me Caring Friendships Respectful Relationships Online Relationships Being safe	Mental wellbeing Internet safety and harms Physical health and fitness Healthy Eating Drugs, alcohol and tobacco Health and prevention Basic first aid Changing adolescent body

In spring, we delivered the Relationships Education programme through the Jigsaw unit 'Relationships'. This half term, we will be teaching the 'Changing adolescent body' aspect of the Health Education content, across all year groups, as part of the Jigsaw unit 'Changing Me'. Alongside this, we will be teaching the Sex Education lessons (in Years 5 & 6 only). The 'Changing Me' unit will be covered over 6 lessons, which will be sensitively delivered in mixed gender classes.

What will my child actually be taught about puberty (Health Education) and human reproduction (Sex Education)?

In most year groups there are only one or two lessons that refer to puberty. Each year group will be taught appropriate to their age and developmental stage. Please note: at no point will a child be taught something that is inappropriate; if a question from a child arises and the teacher feels it would be inappropriate to answer (for example, because of its mature or explicit nature) the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The 'Changing Me' Puzzle is all about coping positively with change and includes:

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Ages 3-5 Health Education - Growing up: how we have changed since we were babies.

Ages 5-6 Health Education - Boys' and girls' bodies; correct names for body parts.

Ages 6-7 Health Education - Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)

Ages 7-8 Health Education - How boys' and girls' bodies change as they grow older. Introduction to puberty.

Ages 8-9 Health Education - Menstruation.

Ages 9-10 Health Education - Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent.

Ages 9-10 Sex Education - Conception explained in simple biological terms

Ages 10-11 Health Education - Puberty for boys and girls revisited.

Ages 10-11 Sex Education - Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

Does my child have to take part in RSHE?

All schools have a statutory duty to teach pupils the aspects of Relationship Education and Health Education and pupils cannot be withdrawn from these lessons. As we have made the decision to teach Sex Education as part of the 'Changing Me' unit, pupils may only be withdrawn from specific lessons relating to human reproduction e.g. conception and birth in Years 5 & 6.

Any parent or carer who wishes to withdraw their child from Sex Education should, in the first instance, contact the Principal to discuss the matter. Parents or carers will be asked to reconfirm their decision in writing before the lessons begin.

To view the school's Sex and Relationships Policy, please visit the academy's website:

<https://www.lakefarmpark.academy/policies-risk-assessment/>.

Thank you for your ongoing support.

Yours sincerely



Ms. Buttar
Principal