



# Heatherside Infant School



Relationship, Sex and Health Education (RSHE)  
Information for Parents

# Relationship Education, Relationships and Sex Education and Health Education (RSHE) Curriculum -

- is statutory for all schools and was the result of the updating of Personal, Social, Health and Emotional (PSHE) Curriculum.

[Changes to personal, social, health and economic \(PSHE\) and relationships and sex education \(RSE\).](#)



The guidance attached states that

**Relationships Education** is compulsory for all pupils receiving primary education.

**Relationships and Sex Education (RSE)** is compulsory for all pupils receiving secondary education.

**Health Education** is compulsory in all schools except independent schools.



[Relationship Education, Relationship and Sex Education, Health Education.](#)

Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers

# What is RHSE?

There are 3 areas of RHSE taught to children.

1. Relationships Education
2. Health Education: Physical and mental health
3. Sex Education

The curriculum is focused on learning about relationships and the emotional, social and physical aspects of growing up. It aims to equip children with the information, skills and values that they need to have safe, fulfilling and enjoyable lives and relationships.

RSHE also fulfils children and young people's right to information about their bodies and health.



# Relationships Education

As part of Relationships Education, all children will learn about:



- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Our children over time and in line with their development will be taught the language and knowledge to understand the normal range of emotions that everyone experiences.

So that they can talk about how they feel and recognise how others feel.

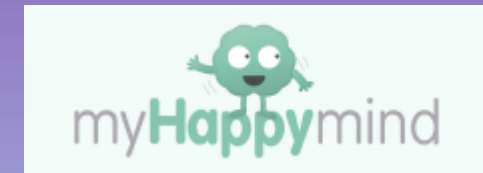
This should enable our children to be able to articulate how they are feeling, develop the language to talk about their bodies, health and emotions and judge whether what they are feeling and how they are behaving is appropriate and proportionate for the situations that they are in.



# Physical and Mental Well Being

Children will be taught about the importance of

- Mental well-being
- Internet safety and harm
- Physical health and fitness and daily exercise
- Healthy eating and good nutrition
- Health and prevention including the importance of sufficient sleep



# Sex Education

Sex education is not statutory but is recommended. This aspect of education will be different according to the age of the children. At Heatherside Infant School we do not teach Sex Education

In our school within the science curriculum we learn:

- the correct names for the main parts of the body
- that parts of our bodies are private and are covered with our underwear
- about growing and changing from young to old
- We learn that all living creatures have babies as part of science and look at the life cycle of butterflies.

Knowledge is built over time so that when children are ready in the latter part of the junior school, they will be taught about human reproduction if the school they attend opts to do this.



## Relationship Education, Relationship and Sex education, health Education

The guidance above states that Schools are free to determine how to deliver the content set out in this guidance, in the context of a broad and balanced curriculum. Teaching will include sufficient well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real life situations



# What does effective RHSE teaching look like?

Age appropriate

Based on needs of pupil

Progressive

Inclusive

Delivered by trained staff in a safe environment

Promotes positive relationships

Prepares children for adult life

Uses a variety of techniques and tools such as:

- P4C
- Circle time
- Discussion
- My Happy Minds
- Cooking
- Praise and Reward
- Ad hoc opportunities.
- Modelling
- Development of Vocabulary
- Science, IT, DT, RE
- Physical Education Curriculum
- British Values

**Our policy can be found on our website.**

# Does it work? What is the evidence?



## National and international research shows that RHSE:

- works best if it starts from a young age and responds to the child's needs
- must start in primary school and be taught in an age appropriate manner, starting with topics such as personal safety, bodily boundaries and friendships

## It also shows that those receiving good quality RSHE are more likely to:

- Have respect for themselves and others
- Have respect for their bodies as they move through puberty and beyond



# Summary



Parents of Primary school age children have the right to withdraw children from Sex Education lessons that go beyond the content of the Science National Curriculum. Topics covered related and linked to the Science Curriculum are statutory and not optional to teach.

This is as follows:

- **In Key Stage 1**, children learn that animals, including humans, have offspring that grow into adults. They should be introduced to the concepts of reproduction and growth but not how reproduction occurs.
- **In Upper Key Stage 2**, children are taught about the life cycles of humans and animals, including reproduction. They also learn about the change that happen in humans from birth to old age. This includes learning about what happens in puberty (statutory).
- Schools have an obligation to teach RSHE topics to prepare children for life when they leave school.

# Your rights as a parent



To be informed of the RSHE curriculum and policy

To be consulted about changes

To withdraw your child from Sex education lessons (that are outside of/additional to the Science National Curriculum

( Please note as an infant school we do not teach sex education beyond the requirement laid down in the Science national curriculum)