



Beeston Fields Primary and Nursery School

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Monday 15th May 2023

Dear Parents/Carers,

Please read this information carefully as it contains curriculum coverage for the teaching of Relationships, Sex and Health Education over the summer term.

As part of your child's education at Beeston Fields Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. We believe that PSHE is integral to a child's development and progress. It gives them the knowledge, skills and understanding needed to live healthy, happy and confident lives and to become informed, active and responsible British Citizens. PSHE is embedded in every aspect of school life and our values of 'Respect, Resilience & Responsibility' epitomise what PSHE is all about. In this current climate, children's mental health, wellbeing and relationships are at the heart of what we do at Beeston Fields Primary School.

I am writing to let you know that, from January 2020, lessons focusing on the Relationships, Sex and Health Education became statutory. The information shared is designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

We would like to invite parents to join us for an RSE consultation on Wednesday 24th May and will be running two sessions: 3:00pm and 5:30pm. Please return the slip by Monday 22nd May.

During the session we will be covering:

- The statutory requirements for Relationships Education in primary schools
- What we will cover in school regarding relationships, health and keeping safe
- An example lesson
- Ways to support your child at home
- Any questions you may have

Attached is what is covered within our curriculum at Beeston Fields and an explanation of why it is valuable learning for all children.

Thank you for your time,

Miss Gutteridge
PSHE lead

I will be attending the RSE consultation on Wednesday 24th May at 3:00pm / 5:30pm (please circle).

I understand that this is an adults only consultation and children should not attend.

Name: _____

Please ensure all slips are returned by Monday 22nd May 2023

Why is this RSHE curriculum needed?

There are four main aims for teaching RSE within the context of Primary School PSHE (Personal, Social, Health and Economic Education):

- More than ever before, children are exposed to representations of sex and sexuality through the social culture around them. The unregulated content on the internet or social media can mean children may be exposed to dangerous, confusing or scary content. We can prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.
- There is much independent research showing most parents and carers value the support of schools in providing Relationship, Sex and Health Education for their children. Parents and schools want children to be safe and happy.
- A range of independent research consistently shows that effective Relationships Education delays first sexual experience and reduces risk-taking in young people.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationship and Sex Education tends to be “too little, too late and too biological”. This is one of the many reasons why the Department for Education made Relationships, Sex and Health Education compulsory in primary schools from September 2020, with an emphasis on Relationships Education.

What will my child actually be taught about puberty and human reproduction?

The Jigsaw unit ‘Changing Me’ is taught over Summer Term 2. Each year group will be taught content appropriate to their age and developmental stage. During the lessons, pupils will be able to ask questions, which will be answered factually and in an age appropriate manner. Most parts of the teaching are compulsory as these are part of the National Curriculum for Science and Relationships, Sex and Health Education. However, parents of children in UKS2 can withdraw their children from the lessons specifically related to Sex Education. We believe that alongside the statutory teaching about puberty it is important to gain a scientific understanding of how human reproduction occurs. We also believe that it is important for all young people to have a place to discuss pressures, check facts and dispel myths, especially before they begin secondary school. We are aware that pupils discuss their learning with each other outside the classroom so, rather than hear about the content second-hand, we hope all children will have the opportunity to take part in our carefully planned lessons.

Year group	Content	Learning Intentions
FS2	Growing Up	• seek out others to share experiences • show affection and concern for people who are special to them
1	Boys' and Girls' Bodies	• identify the parts of the body that make boys different to girls and use the correct names for these: penis, testicles, vagina, vulva, anus, breast, nipples • respect their own body and understand which parts are private
2	Boys' and Girls' Bodies	• recognise the physical differences between boys and girls, use the correct names for parts of the body (penis, testicles, vagina, vulva, anus, breast, nipples) and appreciate that some parts of the body are private • tell you what they like/don't like about being a boy/girl
3	How Babies Grow	• understand that in animals and humans, lots of changes happen between conception and growing up, and that usually it is the female who has the baby • express how they feel when they see babies or baby animals
	Babies	• understand how babies grow and develop in the mother's uterus and understand what a baby needs to live and grow • express how they might feel if they had a new baby in their family

	Outside Body Changes	- understand that boys' and girls' bodies need to change so that when they grow up their bodies can make babies - identify how boys' and girls' bodies change on the outside during this growing up process
	Inside Body Changes	- identify how boys' and girls' bodies change on the inside during the growing up process and why these changes are necessary so that their bodies can make babies when they grow up - recognise how they feel about these changes happening to them and how to cope with these feelings
4	Having A Baby	understand the responsibilities of parenthood, the kinds of things that influence our lives as we grow and how people may feel about this
	Girls and Puberty	- describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this - know that they have strategies to help them cope with the physical and emotional changes they will experience during puberty
5	Puberty for Girls	- explain how a girl's body changes during puberty and understand the importance of looking after themselves physically and emotionally - understand that puberty is a natural process that happens to everybody and that it will be OK for them
	Puberty for Boys and Girls	- describe how boys' and girls' bodies change during puberty - express how they feel about the changes that will happen to their bodies during puberty
	Conception	- understand that sexual intercourse can lead to conception and that is how babies are usually made - understand that sometimes people need IVF to help them have a baby - appreciate how amazing it is that human bodies can reproduce in these ways Parents can withdraw children from this session as it is classed as human reproduction.
6	Puberty	- explain how girls' and boys' bodies change during puberty and understand the importance of looking after themselves physically and emotionally - express how they feel about the changes that will happen to their bodies during puberty
	Girl Talk/Boy Talk	- ask the questions that they need answered about changes during puberty - reflect on how they feel about asking the questions and about the answers they receive
	Babies – Conception to Birth	- describe how a baby develops from conception through the nine months of pregnancy, and how it is born - recognise how they feel when they reflect on the development and birth of a baby Parents can withdraw children from this session as it is classed as human reproduction.
	Attraction	- understand how being physically attracted to someone changes the nature of the relationship - express how they feel about the growing independence of becoming a teenager and their confidence that they can cope with this