



Friars Primary Foundation School
Webber Street London SE1 ORF
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Date: Monday 24th May 2021

Dear Parents and Carers,

Relationships and Health Education (RHE)

Relationships and Health Education (RHE) is an important part of our school commitment to provide pupils with the knowledge and skills to keep themselves safe, make healthy choices, develop respect for themselves and others, and form positive and healthy relationships. It also fits with our school values. You can learn more about RHE provision in school by reading our RHE policy: <https://friarsprimaryschool.com/wp-content/uploads/2021/05/RSHE-policy-2021.pdf>

The government guidance for Relationships and Health Education (2019) outlines statutory learning outcomes for all primary-aged pupils from September 2020. **In addition, as recommended by the Department for Education, we also teach non-statutory elements of sex education in an age-appropriate manner in Year 6 only.** To deliver our curriculum, we use the Discovery Education Health and Relationships Programme to support us in meeting these outcomes through dedicated lesson time. The programme lessons progress from Year 1 to Year 6 with activities and videos to make learning engaging and enjoyable for our pupils, as well as developing their learning and understanding in an age-appropriate way.

In Year 6 pupils cover the following content across the year:

Healthy and happy friendships	How relationships evolve as we grow, and how to cope with a wider range of emotions.
Similarities and differences	Identity and behaviour online and offline. Reflecting on how people feel when they don't 'fit in'.
Caring and responsibility	How we can take more responsibility for self-care and who cares for us as we grow older, including at secondary school.
Families and committed relationships	Sex education: adult relationships and human reproduction, including different ways to start a family.
Healthy bodies, healthy minds	Being the best me: ongoing self-care of bodies and minds, including ways to prevent and manage mental ill-health.
Coping with change	Transitions (including to secondary school) and ways to manage the increasing responsibilities and emotional effects of life changes.

Headteacher: Justin Burt

Achieving excellence in a happy, nurturing and safe environment
Compassion, Creativity, Endeavour, Resilience, Respect, Responsibility



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You can see an overview of the content for all year groups overleaf in our progression document.

In line with our RHE policy, teachers will answer any questions from pupils in an age-appropriate and factual way, without personal bias or judgement. All teachers will have boxes in their classrooms where pupils can post questions anonymously if they wish. Questions will be answered in one of the following ways: by providing an answer to the whole class; by giving an individual answer to a pupil, or, on rare occasions, by contacting parents if we feel the question would be better handled in the home setting. Any questions that give rise to concerns of a safeguarding nature will be handled in line with our published safeguarding policy on our school website.

We welcome you contacting us if you have any questions or comments about the school's approach to this important, statutory area of learning. If you would like to discuss any of the content of the programme in more detail please attend a Zoom meeting on **Wednesday 9th June from 4-4.30pm with Mr Tull** who will talk in more depth about the content of the curriculum and answer any questions.

A Google Meet link will be emailed and texted to you after half term.

Yours sincerely,

Miss Wratten
Deputy Headteacher/Curriculum Co-ordinator

Headteacher: Justin Burt

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