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PSHE and RSE at John Ray Junior School

05.10.20

Dear Parents,

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) course. This looks at many topics including all kinds of relationships, physical/emotional health and the skills needed to live in the wider world. The aim of our PSHE course is to help pupils make safe and informed decisions during their school years and beyond.

Relationships and sex education (RSE) is an important part of the PSHE course. We will be teaching lessons about RSE from September 2020 and this will include topics such as families; online safety; puberty; relationships and communication skills; pregnancy; prevention of sexual abuse; FGM; body image; social media and online safety; consent. **These topics are not taught in every year group.** During the course, pupils will be able to ask questions, which will be answered factually and in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

Some parts of RSE are compulsory - these are part of the National Curriculum for science. Parents can withdraw their children from all other parts of RSE if they wish to do so. However, we believe that the prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, many pupils will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope all children will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.

Many parents and parent-related organisations support good quality RSE in school. Parents are the most important educators of young people in personal issues and many welcome the support that school can offer to supplement their home teaching.

We are aware that the current Y6 children were not in school in the summer term of Year 5 which is when we would have ordinarily covered puberty. Therefore, we will be delivering these sessions during the week of the **19th October 2020**. The sessions will be delivered during the school day and children will have the opportunity to ask questions. The Y6 content covering sex education will take place in the second half of the summer term and the content of these sessions will be shared with you nearer the time.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. In order to prepare for this, an overview of the lesson content can be found by clicking on the link below:

https://johnrayjunessexsch-my.sharepoint.com/:b:/g/personal/karenharrison_changesp_org_uk/EYrZbXV7eolMnvV8DhogOFwBRhxCHwWcChwZLJuWFv5JDw?e=dsNbMo

Please do not hesitate to email me if you have any questions or would like further information.

Yours sincerely,

Hannah Green
hannahgreen@changesp.org.uk
PSHE/RSE Lead in School

Frequently asked questions

What are the aims of RSE in our school?

Depending on the age of the children and the lessons in their particular year group, we want RSE to:

- *Develop how to take turns, how to treat each other with kindness, consideration and respect, the importance of honesty and truthfulness, permission seeking and giving and the concept of a person's privacy*
- *Develop a strong sense of self – esteem, self- respect and respect for others*
- *Develop the importance of stable and loving relationships*
- *Teach them about how relationships may affect health and wellbeing, including mental health*
- *Teach them about dealing with strangers and the importance of being safe*
- *Teach about families including families of many forms*
- *Help children to understand the physical development of their bodies*
- *Support children's awareness of body hygiene*
- *Help children to understand the importance of their rights and their feelings*
- *Teach them about healthy relationships and also how to recognise unhealthy relationships*
- *Help children to respect the views of others through valuing differences of others*
- *Help children to understand the importance of being safe online*

Can you explain the school's RSE morals and values framework?

RSE follows the school's agreed aims, values and moral framework which is sensitive to the needs and beliefs of pupils, parents, carers and other members of the school community. RSE will be delivered within the school's agreed equal opportunities framework.

RSE will support the importance of marriage or stable relationships, for family life and bringing up children. Care is taken to ensure children are not stigmatized according to their different home circumstances.

Families sometimes look different from a child's own family; children need to understand that they should respect those differences and know that other children's families are also characterised by love and care.

Pupils will be encouraged to understand that thinking about morals and values also includes:

1. *respect for ourselves and others*
2. *commitment, trust and love within relationships*
3. *an understanding of diversity in relation to religion, culture and sexual orientation*
4. *an honesty with ourselves and others*
5. *self-awareness*
6. *exploration of our rights, duties and responsibilities.*

Misunderstandings about RSE

Schools have an important role to play in RSE. There is sometimes concern that RSE in school might promote sexual activity or cause confusion about an individual's sexuality. The research on quality RSE points to a more positive outlook: 87 programmes from many countries were examined by UNESCO in 2009. This led to the conclusion that if RSE has an effect it is a positive one: 'sexuality education can lead to later and more responsible sexual behaviour or may have no discernible impact on sexual behaviour'.