Together we learn.

Cross Road, Middlestown, Wakefield
West Yorkshire
WF4 4QE

01924 278290
admin@middlestown.accordmat.org
Website: middlestown.accordmat.org

Headteacher: Mrs Hannah Young
headofacademy@middlestown.accordmat.org

Dear Parents and Carers,

Relationships and Sex Education (RSE) and Health Education

Relationships Education is **compulsory** for all pupils receiving primary education and this is a reminder of the changes to Relationships and Sex Education (RSE) announced by the DFE that came into effect in 2021.

We view the partnership of home and school as vital in providing the context to both complement and reinforce what pupils learn at home about healthy, respectful relationships, focussing on family and friendships, in all contexts, including online, as well as how to be healthy.

In school, RSE topics will be taught within our Personal Social and Health Education (PSHE) curriculum. Our PSHE curriculum is split into three categories. Below is an outline of the new curriculum that will be covered in Year 5.

Relationships

Families and Friendships

- Know that healthy friendships make people feel included
- Identify strategies for recognising and managing peer influence
- Know how friendships can change over time

Safe relationships

- Know how to recognise if relationships are making them feel unhappy or safe
- Recognise different types of physical contact; what is acceptable and unacceptable
- Know about keeping something confidential or secret and when this should not be agreed to

Respecting ourselves and others

- Identify strategies to respond to hurtful behaviour experience or witnessed, offline and online
- Understand discrimination: what it means and how to challenge it
- Recognise the importance of self-respect and how this can affect their thoughts and feelings

Living in the wider world

Belonging to a community

- Understand the importance of having compassion towards others

- Identify ways of carrying out shared responsibilities for protecting the environment in school and at home
- Understand that people's spending decisions can affect others and the environment

Media literacy and digital resilience

- Know how to assess the reliability of sources of information online
- Understand how information on the internet is ranked, selected and targeted at specific individuals and groups

Money and work

- Know about stereotypes in the workplace and that a person's career aspirations should not be limited by them
- Know what might influence people's decisions about a job or career
- Identify the kind of job that they might like to do when they are older

Health and wellbeing

Physical health and mental wellbeing

- Understand how sleep contributes to a healthy lifestyle
- Know that medicines, when used responsibly, contribute to health
- Know about the benefits of sun exposure and risks of overexposure

Growing and changing

- Know about personal identity; what contributes to who we are
- Know about the physical and emotional changes that happen when approaching and during puberty
- Recognise their individual and personal qualities

Keeping safe

- Know how to predict, assess and manage risk in different situations
- Know what is meant by first aid
- Know how to respond and react in an emergency situation

As a school community, we have a duty to ensure that we follow the statutory guidelines set out by the DfE and we are committed to working in partnership with parents. RSE has become **statutory**, therefore parents do not have the right to withdraw their child from any relationships and health education. Parents have the right to withdraw their children from non-statutory components of sex education within RSE, but not as part of the science curriculum. Requests for withdrawal should be put in writing and addressed to the Head of Academy. Notification of any sex education lessons is always sent to parents in advance.

If you would like to find out more, discuss concerns or give feedback on the RSE policy and objective statements for your child's year group, please email admin@middlestown.accordmat.org

Yours sincerely,

Mrs L Williams
PSHE Leader