



## GROWING TOGETHER • POSITIVE ATTITUDE • SUCCESS IN ALL WE DO

Dear Parent/Carer,

### Re: Year 4 Relationships Education and Health Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

We hope this leaflet gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE.

We will shortly be beginning some work in year 4 about Healthy and Safer Lifestyles. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Healthy and Safer Lifestyles' topic covers some elements of Science, some Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- What are the main stages of the human life cycle? *\*From birth through to death*
- How did I begin? *\* (How are human babies made: Sperm + Egg = Baby)*
- **What does it mean to be 'grown up'?**
- **What am I responsible for now and how will this change?**
- **How do different caring, stable, adult relationships create a secure environment for children to grow up?**

*\*Part of the National Curriculum for Science*

*\*Sex Education (Non-Statutory)*

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk their parents/carers about these issues.

These are some useful sources of support:

To read the government guidance for Primary parents on RSE follow this link

[assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812593/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf)

For some ideas on how you might want to answer your children's questions go to [www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb](http://www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb)

For information on talking about RSE to your children, try

[www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it](http://www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it)

[www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/](http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/)

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/)

You have the right to withdraw your child from the elements of our programme defined as sex education i.e. learning about human conception and birth. **There are some elements of non-statutory sex education taught in Y4. If you would like to withdraw your child from Y4 Sex Education, please fill out the form below and return to your child's class teacher as soon as possible.** If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact your child's class teacher.

Yours sincerely,  
Miss Hawkins (PSHE lead)

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**Re: Year 4 Relationships Education and Health Education**

Name of child..... Class.....

I would like to withdraw my child from the elements of the programme described as 'Sex Education' i.e. learning about human conception and birth.

Signed.....(Parent/Carer) Date.....