ADDMORE FEDERATION
'Together we add more'

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Year 5 & 6 – RSHE

Dear Parents/Guardians,

At Addmore Federation, we recognise that high-quality Relationships, Sex and Health Education (RSHE) is essential to pupils' personal development, wellbeing, and safety. RSHE supports children to develop the knowledge, skills, and attitudes they need to form positive relationships, manage emotions, stay healthy, and make informed decisions as they grow.

Relationships Education (Statutory)

Relationships Education supports pupils to develop healthy, respectful relationships. This includes learning about:

- diverse family structures
- stable and caring relationships
- recognising when family relationships are unsafe
- friendship, loneliness and inclusion
- respect, kindness and managing conflict
- bullying and derogatory language
- boundaries and privacy
- recognising emotional, physical and sexual abuse
- knowing how and where to report concerns
- understanding that abuse is never the child's fault
- online safety and risks
- finical/scam risk online

Sex Education (Non-Statutory)

In addition to the statutory curriculum, our school also chooses to deliver a Sex Education unit. This is taught in Year 5 and 6 through 1decision's Conception topic and covers how babies are made in an age-appropriate, factual way. This is the only element of our RSHE provision from which parents and carers may request withdrawal.

We believe it is important that children receive accurate, age-appropriate information in a safe environment - from a trusted adult, rather than from peers or online sources. Research shows that children who do not receive this information at school are more likely to turn to the internet, where content can be misleading, harmful or age-inappropriate.

Pupils may ask questions arising from RSHE lessons or from their own experiences. Teachers will respond sensitively, factually and in an age- and developmentally appropriate manner. Staff will not use a pupil's question as an opportunity to introduce content which is outside the planned curriculum. Where a pupil asks a question about content which falls outside the school's planned Sex Education curriculum, staff will not provide inappropriate or unnecessary detail. Staff will explain that the topic is not part of the curriculum at that stage and, where appropriate, signpost the pupil to a trusted adult or provide an appropriate response at a later stage.

Year 5 & 6

As part of our Relationship and Sex Education over the next half term we will be delivering work based on the topic of **Puberty** and **Conception**. To deliver this we use a combination of resources from NSPCC 'Speak out to stay safe' and the 1Decision Program of Study. By the end of this unit children should be able to:

Puberty

- explain what puberty means
- describe the changes that boys and girls may go through during puberty
- identify why our bodies go through puberty
- develop coping strategies to help with the different stages of puberty
- identify who and what can help us during puberty

Conception

- explain the terms 'conception' and 'reproduction'
- describe the function of the female and male reproductive systems
- identify the various ways adults can have a child
- explore various different stages of pregnancy
- understand the laws around consent

If you would like to know more about this, then please look at our school website or speak to your child's class teacher who will be more than happy to help.

We use 1Decision as a tool for delivering our RSHE curriculum. For more information please look at the 1Decision parent portal. This section of the website is designed for parents and carers whose children attend schools using 1decision as part of their curriculum. You'll find an introduction to the 1decision resources we used in school and how it supports your child's learning, along with a selection of topics and lessons you can explore. You'll also discover additional resources to help further support your child's personal development at home.

https://www.1decision.co.uk/resources/parent-carer-zone

We would like to invite parents to a RSHE workshop on Friday 6th November, this will be a chance for us to share the curriculum and learning materials with you. It will focus on the relationship and sex education topics covered in year 5/6 but is open to all parents.

We also have a range of books on RSHE topics available from our lending library in reception. Please have a browse and borrow any books which may help with conversations and questions at home.

Thank you for your continued support,

Many thanks,
Mrs N Rawsthorne

RSHE lead