



2024- 2025 Relationships and Sex Education Policy

1. Aims

The aims of relationships and sex education (RSE) at Newbridge Preparatory School are to:

- Provide a framework in which sensitive discussions can take place
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene
- Help pupils develop feelings of self-respect, confidence and empathy
- Create a positive culture around issues of sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

At Newbridge Preparatory School, we teach Relationships and Sex Education as a whole-school approach to underpin children's development as people and because we believe that this also supports their learning capacity.

The Jigsaw programme offers us a comprehensive, carefully thought-through Scheme of Work which brings consistency and progression to our children's learning in this vital curriculum area.

2. Statutory requirements

Statutory Relationships and Health Education

"The Relationships Education, Relationships and Sex Education and Health Education (England) Regulations 2019, made under sections 34 and 35 of the Children and Social Work Act 2017, make Relationships Education compulsory for all pupils receiving primary education...They also make Health Education compulsory in all schools except independent schools. Personal, Social, Health and Economic Education (PSHE) continues to be compulsory in independent schools."

DfE Guidance p.8

"Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way."

"This is why we have made Relationships Education compulsory in all primary schools in England...as well as making Health Education compulsory in all state-funded schools."

“In primary schools, we want the subjects to put in place the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online. This will sit alongside the essential understanding of how to be healthy.”

“These subjects represent a huge opportunity to help our children and young people develop. The knowledge and attributes gained will support their own, and others’ wellbeing and attainment and help young people to become successful and happy adults who make a meaningful contribution to society.”

Secretary of State Foreword DfE Guidance 2019 p.4-5

“Schools are free to determine how to deliver the content set out in the DfE guidance 2019 in the context of a broad and balanced curriculum. Effective teaching in these subjects will ensure that core knowledge is broken down into units of manageable size and communicated clearly to pupils, in a carefully sequenced way, within a planned programme of lessons.” DfE Guidance p.8

“All schools must have in place a written policy for Relationships Education and RSE.”

DfE Guidance p.11

Here, at Newbridge Preparatory School we value PSHE as one way to support children’s development as human beings, to enable them to understand and respect who they are, to empower them with a voice and to equip them for life and learning.

We include the statutory Relationships and Health Education within our whole-school PSHE Programme.

To ensure progression and a spiral curriculum, we use Jigsaw, the mindful approach to PSHE, as our chosen teaching and learning programme and tailor it to your children’s needs. The mapping document: Jigsaw 3-11 and statutory Relationships and Health Education, shows exactly how Jigsaw and therefore our school, meets the statutory Relationships and Health Education requirements.

This programme’s complimentary update policy ensures we are always using the most up to date teaching materials and that our teachers are well-supported.

As an Independent School we must provide relationships education to all pupils as per section 34 of the [Children and Social work act 2017](#).

We are not required to provide sex education but we do need to teach the elements of sex education contained in the science curriculum.

In teaching RSE, we must have regard to [guidance](#) issued by the secretary of state as outlined in section 403 of the [Education Act 1996](#).

At Newbridge Preparatory School we teach RSE as set out in this policy.

3. Policy development

This policy has been developed in consultation with staff, pupils and parents. The consultation and policy development process involved the following steps:

1. Review – Mrs S Johnson (Deputy Head/PSHEe Coordinator) pulled together all relevant information including relevant national and local guidance
2. Staff consultation – all school staff were given the opportunity to read at the policy and make recommendations (INSET Monday April 2021)
3. Parent/stakeholder consultation – parents were invited to complete a questionnaire – see Appendix 3 (April 2021)
4. Pupil consultation – Pupils completed a questionnaire
5. Ratification – once any amendments were made, the policy was ratified

4. Definition

Relationships Education

What does the DfE statutory guidance on Relationships Education expect children to know by the time they leave primary school?

Relationships Education in primary schools will cover ‘Families and people who care for me’, ‘Caring friendships’, ‘Respectful relationships’, ‘Online relationships’, and ‘Being safe’.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Relationships Puzzle (unit) in Jigsaw covers most of the statutory Relationships Education, some of the outcomes are also taught elsewhere in Jigsaw e.g. the Celebrating Difference Puzzle helps children appreciate that there are many types of family composition and that each is important to the children involved. This holistic approach ensures the learning is reinforced through the year and across the curriculum.

*Please note: Draft Guidance shared by the DfE (Draft Relationships Education, Relationships and Sex Education (RSE) and Health education Statutory guidance for governing bodies, proprietors, head teachers, principals, senior leadership teams, teachers) in 2024. This is not yet statutory and **Appendix A** shows the statement from Jigsaw which links to this.*

Health Education

What does the DfE statutory guidance on Health Education expect children to know by the time they leave primary school?

Health Education in primary schools will cover ‘Mental wellbeing’, ‘Internet safety and harms’, ‘Physical health and fitness’, ‘Healthy eating’, ‘Drugs, alcohol and tobacco’, ‘Health and prevention’, ‘Basic First Aid’, ‘Changing adolescent body’.

The expected outcomes for each of these elements can be found further on in this policy. The way the Jigsaw Programme covers these is explained in the mapping document: Jigsaw 3-11 and Statutory Relationships and Health Education.

It is important to explain that whilst the Healthy Me Puzzle (unit) in Jigsaw covers most of the statutory Health Education, some of the outcomes are taught elsewhere in Jigsaw e.g. emotional and mental health is nurtured every lesson through the Calm me time, social skills are grown every lesson through the Connect us activity and respect is enhanced through the use of the Jigsaw Charter.

Also, teaching children about puberty is now a statutory requirement which sits within the Health Education part of the DfE guidance within the ‘Changing adolescent body’ strand, and in Jigsaw this is taught as part of the Changing Me Puzzle (unit).

Supplementary teaching of puberty will also include a BBC Animated series called ‘Ask Lara’, aimed at 9- to 11-year-olds, which consists of a group of friends negotiating the physical and emotional changes of puberty.

5. Curriculum

At Newbridge Preparatory School we have developed the curriculum in consultation with parents, pupils and staff, taking into account the age, needs and feelings of pupils. If pupils ask questions outside the scope of this policy, teachers will respond in an appropriate manner, so they are fully informed and don’t seek answers online.

Sex Education

The DfE Guidance 2019 (p.23) recommends that all primary schools ‘have a sex education programme tailored to the age and the physical and emotional maturity of the pupils.

However, ‘Sex Education is not compulsory in primary schools’. (p. 23)

Schools are to determine the content of sex education at primary school. Sex education ‘should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born’.

At Newbridge Preparatory School, we define Sex Education as understanding human reproduction and will teach this as part of the Science curriculum. The following statutory objectives build understanding about growth and reproduction:

Key Stage – Year Group	Pupils will be taught to:
Key Stage 1 (age 5-7 years) Year 1	Identify, name, draw and label the basic parts of the human body and say which part of the body is associated with each sense
Key Stage 1 (age 5-7 years) Year 2	Notice that animals, including humans, have offspring which grow into adults

	Describe the importance for humans of exercise, eating the right amounts of different types of food, and hygiene
Key Stage 2 (age 7-11 years) Year 5	Describe the life process of reproduction in some plants and animals Describe the changes as humans develop to old age
Key Stage 2 (age 7-11 years) Year 6	Recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents

Following a staff meeting on 21st June 2022, it was discussed and decided that certain pieces of the Changing Me puzzle would not be taught at Newbridge. See Appendix 3. Human Reproduction will be taught in the Science curriculum.

Teaching Sensitive and Controversial Issues

Sensitive and controversial issues are certain to arise in learning from real-life experience. Teachers will be prepared to handle personal issues arising from the work, to deal sensitively with, and to follow up appropriately, disclosures made in a group or individual setting. Issues that we address that are likely to be sensitive and controversial because they have a political, social or personal impact or deal with values and beliefs include: family lifestyles and values, physical and medical issues, financial issues, bullying and bereavement.

Teachers will take all reasonable, practical steps to ensure that, where political or controversial issues are brought to pupils' attention, they are offered a balanced presentation of opposing views. Teachers will adopt strategies that seek to avoid bias on their part and will teach pupils how to recognise bias and evaluate evidence. Teachers will seek to establish a classroom climate in which all pupils are free from any fear of expressing reasonable points of view that contradict those held either by their class teachers or their peers.

*Whilst fasting Muslims are not permitted to engage in any sexual relations and are expected to avoid sexual thoughts and discourse. Taking this into account schools should avoid scheduling the teaching of this subject during Ramadan.

Answering Difficult Questions and Sensitive Issues

Staff members are aware that views around RSHE- and Drug and Alcohol Education-related issues are varied. However, while personal views are respected, all RSHE and Drug and Alcohol Education issues are taught without bias using Jigsaw. Topics are presented using a variety of views and beliefs so that pupils are able to form their own, informed opinions but also respect that others have the right to a different opinion.

Both formal and informal RSHE and Drug and Alcohol Education arising from pupils' questions are answered according to the age and maturity of the pupil(s) concerned. Questions do not have to be answered directly, and can be addressed individually later. The school believes that individual teachers must use their skill and discretion in this area and refer to the Child Protection Coordinator if they are concerned.

Our school believes that RSHE and Drug and Alcohol Education should meet the needs of all pupils, answer appropriate questions and offer support. In Jigsaw Pieces that cover RSHE provision, this

should be regardless of their developing sexuality and be able to deal honestly and sensitively with sexual orientation, answer appropriate questions and offer support. Homophobic bullying is dealt with strongly yet sensitively. The school liaises with parents/carers on this issue to reassure them of the content and context.

Girls' understanding of sanitary products and disposal in school

As part of lessons on puberty, the girls will be made aware of the procedures in place for accessing and the safe disposal of sanitary products. Where necessary, the school will ensure that girls have access to appropriate sanitary products during school time.

6. Delivery of RSE

RSE is taught within the personal, social, health and economic (PSHE) education curriculum. Biological aspects of RSE are taught within the science curriculum, and other aspects are included in religious education (RE).

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships including:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

For more information about our RSE curriculum, see Appendix 1.

These areas of learning are taught within the context of family life taking care to ensure that there is no stigmatisation of children based on their home circumstances (families can include single parent families, LGBT parents, families headed by grandparents, adoptive parents, foster parents/carers amongst other structures) along with reflecting sensitively that some children may have a different structure of support around them (for example: looked after children or young carers).

7. Roles and responsibilities

7.1 The Headmistress and RSE Subject Leader

The headmistress is responsible for ensuring that RSE is taught consistently across the school. Mrs Hannah Griffiths is the RSE Subject Leader.

7.2 Staff

Staff are responsible for:

- Delivering RSE in a sensitive way

- Modelling positive attitudes to RSE
- Responding to the needs of individual pupils

Staff do not have the right to opt out of teaching RSE. Staff who have concerns about teaching RSE are encouraged to discuss this with the headmistress.

7.3 Pupils

Pupils are expected to engage fully in RSE and, when discussing issues related to RSE, treat others with respect and sensitivity.

The Learning Environment

Establishing a safe, open and positive learning environment based on trusting relationships between all members of the class, adults and children alike, is vital. To enable this, it is important that 'ground rules' are agreed and owned at the beginning of the year and are reinforced in every Piece – by using The Jigsaw Charter. (Ideally, teachers and children will devise their own Jigsaw Charter at the beginning of the year so that they have ownership of it.) It needs to include the aspects below:

The Jigsaw Charter

- We take turns to speak
- We use kind and positive words
- We listen to each other
- We have the right to pass
- We only use names when giving compliments or when being positive
- We respect each other's privacy (confidentiality)

8. Parents' right to withdraw

Parents' right to request their child be excused from Sex Education

"Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory Relationships and Sex Education" DfE Guidance p. 17

At Newbridge Preparatory School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit), and we conclude from the DfE Guidance that sex education refers to Human Reproduction. In order to teach this in a scientific context and knowing that National Curriculum Science requires children to know how mammals reproduce, we have opted to teach this within our Science curriculum, not within PSHE or Relationships and Sex Education as we believe this is most appropriate for our girls.

Therefore, the parent right to withdraw their child is not applicable. We are of course happy to discuss the content of the curriculum and invite you to contact Mrs Fisher/Mrs Johnson.

9. Training

Staff are trained on the delivery of RSE as part of their induction and it is included in our continuing professional development calendar.

10. Monitoring arrangements

The PSHE coordinator (Mrs S Johnson) will monitor delivery of the programme through observation and discussion with teaching staff to ensure consistent and coherent curriculum provision.

Evaluation of the programme's effectiveness will be conducted on the basis of:

- Pupil and teacher evaluation of the content and learning processes
- Staff meetings to review and share experiences

Appendix A – Taken from the Jigsaw

DfE RSHE Update

The Department for Education draft review of the statutory guidance on RSHE (Relationships, Sex, Health Education) in England was released for consultation in May. That consultation has now closed, and we are now awaiting further guidance from the DfE.

As a provider of comprehensive PSHE resources and training, Jigsaw Education Group understands the significance of ensuring that education on relationships, sex and health is relevant, age-appropriate, inclusive, and meets the needs of all pupils.

We have responded in full to the consultation process, recognising the need for some of the new topics and considerations that have been added since the 2019 guidance, but also raising significant concerns about other aspects that contradict current evidence and good practice in PSHE that could leave schools in a difficult position with less, rather than more, clarity that the guidance stated it would bring.

The initial indications were that, following this consultation, a final version was likely to be released in the Autumn. However, with the change of government there is a chance that this new guidance for RSHE in England may be delayed further, which would also allow for the concerns that many individuals and organisations have raised to be carefully addressed.

Either way, we would like to reassure our schools that all the online Jigsaw PSHE 3-16 teaching materials meet the current statutory expectations for RSHE (DfE, 2019), and if and when any new guidance is published you can be fully confident that our materials will be updated and reviewed to ensure that they are compliant and reflect the needs of children and young people.

Specific guidance for our programmes, and any updates or news can be found in the Updates section of your Community Area.

We are here to support you, so if you have any questions or concerns please contact us at schoolsupport@jigsaweducationgroup.com.

20/09/2021 – Separated from PHSE Policy - SJ

20/09/2022 – Reviewed by SAF

13/1/2023 – Reviewed SAF

05/09/2024 - Reviewed HG, Appendix A added in light of draft DFE guidance.

Appendix 1: Curriculum Map

By the end of primary school pupils should know



Education in Primary schools – DfE Guidance 2019

The focus in primary school should be on teaching the fundamental building blocks and characteristics of positive relationships, with particular reference to friendships, family relationships, and relationships with other children and with adults. The references R3/H5 etc can be cross-referenced on the Jigsaw mapping documents and Puzzle Maps to show which lessons throughout Jigsaw contribute to which statutory outcomes. All statutory outcomes are covered in the Jigsaw 3-11 Programme.

The guidance states that, by the end of primary school:

	Pupils should know...	How Jigsaw provides the solution
Families and people who care for me	<ul style="list-style-type: none">• R1 that families are important for children growing up because they can give love, security and stability.• R2 the characteristics of healthy family life, commitment to each other, including in times of difficulty, protection and care for children and other family members, the importance of spending time together and sharing each other's lives.• R3 that others' families, either in school or in the wider world, sometimes look different from their family, but that they should respect those differences and know that other children's families are also characterised by love and care.	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none">• Relationships• Changing Me• Celebrating Difference• Being Me in My World

	<ul style="list-style-type: none"> • R4 that stable, caring relationships, which may be of different types, are at the heart of happy families, and are important for children’s security as they grow up. • R5 that marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong (Marriage in England and Wales is available to both opposite sex and same sex couples. The Marriage (Same Sex Couples) Act 2013 extended marriage to same sex couples in England and Wales. The ceremony through which a couple get married may be civil or religious). • R6 how to recognise if family relationships are making them feel unhappy or unsafe, and how to seek help or advice from others if needed 	
Caring friendships	<ul style="list-style-type: none"> • R7 how important friendships are in making us feel happy and secure, and how people choose and make friends • R8 the characteristics of friendships, including mutual respect, truthfulness, trustworthiness, loyalty, kindness, generosity, trust, sharing interests and experiences and support with problems and difficulties • R9 that healthy friendships are positive and welcoming towards others and do not make others feel lonely or excluded • R10 that most friendships have ups and downs, and that these can often be worked through so that the friendship is repaired or even strengthened, and that resorting to violence is never right • R11 how to recognise who to trust and who not to trust, how to judge when a friendship is making them feel unhappy or uncomfortable, managing conflict, how to manage these situations and how to seek help and advice from others, if needed 	
Respectful relationships	<ul style="list-style-type: none"> • R12 the importance of respecting others, even when they are very different from them (for example, physically, in character, personality or backgrounds), or make different choices or have different preferences or beliefs 	

	<ul style="list-style-type: none"> • R13 practical steps they can take in a range of different contexts to improve or support respectful relationships • R14 the conventions of courtesy and manners • R15 the importance of self-respect and how this links to their own happiness • R16 that in school and in wider society they can expect to be treated with respect by others, and that in turn they should show due respect to others, including those in positions of authority • R17 about different types of bullying (including cyberbullying), the impact of bullying, responsibilities of bystanders (primarily reporting bullying to an adult) and how to get help • R18 what a stereotype is, and how stereotypes can be unfair, negative or destructive • R19 the importance of permission-seeking and giving in relationships with friends, peers and adults 	
Online relationships	<ul style="list-style-type: none"> • R20 that people sometimes behave differently online, including by pretending to be someone they are not. • R21 that the same principles apply to online relationships as to face-to-face relationships, including the importance of respect for others online including when we are anonymous. • R22 the rules and principles for keeping safe online, how to recognise risks, harmful content and contact, and how to report them. • R23 how to critically consider their online friendships and sources of information including awareness of the risks associated with people they have never met. • R24 how information and data is shared and used online. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Relationships • Changing Me • Celebrating Difference
Being safe	<ul style="list-style-type: none"> • R25 what sorts of boundaries are appropriate in friendships with peers and others (including in a digital context). • R26 about the concept of privacy and the implications of it for both children and adults; including that it is not always right to keep secrets if they relate to being safe. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Relationships • Changing Me

	<ul style="list-style-type: none">• R27 that each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact.• R28 how to respond safely and appropriately to adults they may encounter (in all contexts, including online) whom they do not know.• R29 how to recognise and report feelings of being unsafe or feeling bad about any adult.• R30 how to ask for advice or help for themselves or others, and to keep trying until they are heard,• R31 how to report concerns or abuse, and the vocabulary and confidence needed to do so.• R32 where to get advice e.g. family, school and/or other sources.	<ul style="list-style-type: none">• Celebrating Difference
--	--	--

Physical health and mental well-being education in Primary schools – DfE Guidance

The focus in primary school should be on teaching the characteristics of good physical health and mental wellbeing. Teachers should be clear that mental well-being is a normal part of daily life, in the same way as physical health.

By the end of primary school:

	Pupils should know	How Jigsaw provides the solution
Mental wellbeing	<ul style="list-style-type: none"> • H1 that mental wellbeing is a normal part of daily life, in the same way as physical health. • H2 that there is a normal range of emotions (e.g. happiness, sadness, anger, fear, surprise, nervousness) and scale of emotions that all humans experience in relation to different experiences and situations. • H3 how to recognise and talk about their emotions, including having a varied vocabulary of words to use when talking about their own and others' feelings. • H4 how to judge whether what they are feeling and how they are behaving is appropriate and proportionate. • H5 the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental well-being and happiness. • H6 simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests. • H7 isolation and loneliness can affect children and that it is very important for children to discuss their feelings with an adult and seek support. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Healthy Me • Relationships • Changing Me • Celebrating Difference

	<ul style="list-style-type: none"> • H8 that bullying (including cyberbullying) has a negative and often lasting impact on mental well-being. • H9 where and how to seek support (including recognising the triggers for seeking support), including whom in school they should speak to if they are worried about their own or someone else's mental well-being or ability to control their emotions (including issues arising online). • H10 it is common for people to experience mental ill health. For many people who do, the problems can be resolved if the right support is made available, especially if accessed early enough. 	
Internet safety and harms	<ul style="list-style-type: none"> • H11 that for most people the internet is an integral part of life and has many benefits. • H12 about the benefits of rationing time spent online, the risks of excessive time spent on electronic devices and the impact of positive and negative content online on their own and others' mental and physical wellbeing. • H13 how to consider the effect of their online actions on others and knowhow to recognise and display respectful behaviour online and the importance of keeping personal information private. • H14 why social media, some computer games and online gaming, for example, are age restricted. • H15 that the internet can also be a negative place where online abuse, trolling, bullying and harassment can take place, which can have a negative impact on mental health. • H16 how to be a discerning consumer of information online including understanding that information, including that from search engines, is ranked, selected and targeted. • H17 where and how to report concerns and get support with issues online. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Relationships • Healthy Me

Physical health and fitness	<ul style="list-style-type: none"> • H18 the characteristics and mental and physical benefits of an active lifestyle. • H19 the importance of building regular exercise into daily and weekly routines and how to achieve this; for example, walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. • H20 the risks associated with an inactive lifestyle (including obesity). • H21 how and when to seek support including which adults to speak to in school if they are worried about their health. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Healthy Me
Healthy eating	<ul style="list-style-type: none"> • H22 what constitutes a healthy diet (including understanding calories and other nutritional content). • H23 the principles of planning and preparing a range of healthy meals. • H24 the characteristics of a poor diet and risks associated with unhealthy eating (including, for example, obesity and tooth decay) and other behaviours (e.g. the impact of alcohol on diet or health). 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Healthy Me
Drugs, alcohol and tobacco	<ul style="list-style-type: none"> • H25 the facts about legal and illegal harmful substances and associated risks, including smoking, alcohol use and drug-taking 	
Health and prevention	<ul style="list-style-type: none"> • H26 how to recognise early signs of physical illness, such as weight loss, or unexplained changes to the body. • H27 about safe and unsafe exposure to the sun, and how to reduce the risk of sun damage, including skin cancer. • H28 the importance of sufficient good quality sleep for good health and that a lack of sleep can affect weight, mood and ability to learn. • H29 about dental health and the benefits of good oral hygiene and dental flossing, including regular check-ups at the dentist. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Healthy Me

	<ul style="list-style-type: none"> • H30 about personal hygiene and germs including bacteria, viruses, how they are spread and treated, and the importance of handwashing. • H31 the facts and science relating to immunisation and vaccination 	
Basic first aid	<ul style="list-style-type: none"> • H32 how to make a clear and efficient call to emergency services if necessary. • H33 concepts of basic first-aid, for example dealing with common injuries, including head injuries. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Healthy Me
Changing adolescent body	<ul style="list-style-type: none"> • H34 key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes. • H35 about menstrual wellbeing including the key facts about the menstrual cycle. 	<p>All of these aspects are covered in lessons within the Puzzles</p> <ul style="list-style-type: none"> • Changing Me • Healthy Me

Appendix 2: Parental correspondence



Friday, 23 April 2021

Dear Parents,

As part of your child's educational experience at Newbridge Preparatory School, we aim to promote wellbeing and development through a comprehensive taught programme of Personal, Social, Health and Economic (PSHE) education that gives children the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives both now and in the future.

You may be aware that from September 2020, the Government decided that all primary age children will be taught Relationships and Health Education (RHE), although they gave schools some flexibility on when they fully implement the new curriculum until summer term 2021, due to the disruptions caused by the Coronavirus pandemic.

Consequently, from September 2020, Relationships, along with Health Education, became statutory, and forms part of the National Curriculum. For Secondary schools Sex Education also became statutory. However, the DfE continue to recommend that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. Where schools provide sex education at key stages 1 and 2, parents have the right to withdraw their child from sex education but not from statutory Relationships Education, Health Education or what is taught in the Science National curriculum.

These subjects, which we teach via our Personal, Social, Health & Economic (PSHE) education curriculum, are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships, as well as preparing them for a happy and successful adult life.

For many years now, we have covered the vast majority of the topics and themes which the Government is now asking all schools to deliver. This has been done through our PSHE Jigsaw education programme which is an important part of our approach to developing the whole child at Newbridge Preparatory School.

The new guidance focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. Learning about the emotional, social and physical aspects of growing up will give children and young people the information, skills and positive values to have safe, fulfilling relationships and help them take responsibility for their own well-being.

As part of our preparation to deliver these new requirements, we have been working hard to make sure that the resources and materials we use to do this are right for both our children and our school community. We have been reviewing our RSHE (Relationship, Sex and Health Education) curriculum and policy so we can be sure our RSHE provision is appropriate for our pupils based on their:

- Age;
- Physical and emotional maturity;
- Religious and cultural backgrounds;
- Special educational needs and disabilities.

As required by the Government, we are consulting with parents on our approach to this, specifically around our Relationships Education curriculum and policy. Given the current circumstances around social distancing and other restrictions, we felt that the best way to do this is by sharing some of the key documents for you to take a look at.

The idea of this consultation exercise is to give you a chance to see how we have interpreted the statutory guidance and let us know what you think. Please take a look at our draft PSHE (including RSHE) which will give you all the information you need about our approach to Relationships & Sex and Health Education at Newbridge Preparatory School.

We feel it is important that every parent is involved in all parts of the education of their child and we want this to be a useful and informative engagement exercise for our school, so if you have any feedback or comments, then please let us know. We will use this information to help us make any final decisions about our policy and curriculum, so we welcome your comments.

This consultation process will stay open for a week and end on **Friday 30th April 2021**. Once this is completed, we will then take some time to look at the feedback and any questions raised. Once this is concluded, we will then take any views and opinions into consideration before we close the consultation and publish the final versions of our PSHE/RSE policy and curriculum overview. This policy and curriculum will then come into immediate effect.

We have also produced a short presentation to help give you further information, including a clear understanding of the work we have done and what we are required to deliver. We would advise that you look over the PDF of the PowerPoint Presentation first as it explains all you need to know about the changes.

The statutory guidance can be found at:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Kind regards,

Mrs S Johnson

Deputy and PSHE/RSE Subject Leader



Consultation Questions for Parents

Parent Name: _____ Date: _____

Questions 1-5 (Please tick your chosen answer)

1. I think PSHE/RSE education is an important part of the school curriculum
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

2. PSHE/RSE topics taught in school can make a real difference to young people's lives.
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

3. I feel happy to talk with my child about growing up, sex and relationships
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

4. I understand and agree with the content of the PSHE/RSE policy
 - Strongly Agree
 - Agree
 - Neutral
 - Disagree
 - Strongly disagree

5. I am aware of the topics that will be covered by PSHE/RSE sessions at Newbridge Preparatory School

- Strongly Agree
- Agree
- Neutral
- Disagree
- Strongly disagree

Questions 6-7 (Please answer in box if required.)

6. Is there anything we are not covering that you think we need to address, specific to our school context?

Please state:

7. As a parent, do you feel like you need more information or guidance on specific topics?

If yes, please state the areas:

Appendix 3

Jigsaw lessons in Changing Me puzzle, not to be taught are:

Year 1 – Piece 4

Year 2 – Piece 4

Year 3 – Piece 2,3,4

Year 4 – Piece 2, 3 USE 2a

Year 5 – Piece 2,3,4

Year 6 – Piece 2,3,4,4a