



A Parent's guide to RSE at Ludlow Primary School

Parents and Carers,

As a part of your child's education at Ludlow Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please see our PSHE curriculum below for guidance. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

I am writing to let you know that after May half term your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Both Health and Relationships Education is statutory in Primary Education and you **cannot** withdraw your child from these lessons. Sex Education is defined as 'Understanding Human Reproduction' and you **can** withdraw your child from these lessons:

- Year 4, Changing Me, Lesson 2 (Having a baby)
- Year 5, Changing Me, Lesson 4 (Conception)
- Year 6, Changing Me, Lesson 3 (Conception, birth)

As a school community, we are committed to working in partnership with parents and over recent years the majority of parents continue to be highly supportive of the relationships and sex education programme. If you would like to find out more or discuss any concerns or you would like to request a withdrawal form, please speak to your child's class teacher.

Yours sincerely,

Miss Thea Preece (PSHE Lead)



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Our PSHE/RSHE Curriculum at Ludlow Primary School:

At Ludlow Primary School, we teach Personal, Social, Health and relationships 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.



What do we teach when and who teaches it?

Jigsaw is a whole school approach that covers all areas of PSHE for the primary phase including statutory Relationships and Health Education. The table below gives the learning theme of each of the six Puzzles (units) and these are taught across the school; the learning deepens and broadens every year as children progress through the school.

Term	Puzzle (Unit)	Content
Autumn 1:	Being Me in My World	Includes understanding my own identity and how I fit well in the class, school and global community. Jigsaw Charter established.
Autumn 2:	Celebrating Difference	Includes anti-bullying (cyber and homophobic bullying included) and understanding
Spring 1:	Dreams and Goals	Includes goal-setting, aspirations, who do I want to become and what would I like to do for work and to contribute to society
Spring 2:	Healthy Me	Includes drugs and alcohol education, self-esteem and confidence as well as healthy lifestyle choices, sleep, nutrition, rest and exercise
Summer 1:	Relationships	Includes understanding friendship, family and other relationships, conflict resolution and communication skills, bereavement and loss
Summer 2:	Changing Me	Includes Relationships and Sex Education in the context of coping positively with change

At Ludlow Primary School, we allocate 1hour teaching time to PSHE each week. These explicit lessons are reinforced and enhanced in many ways:

- Assemblies,
- Praise and reward system
- Learning Charter (lesson rules and responsibilities)
- Positive relationships child to child, adult to child and adult to adult across the school.
- We aim to 'live' what is learnt and apply it to everyday situations in the school community.



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What is taught in Health and Relationships Education?

Both Health and Relationships Education is statutory in Primary Education and you **cannot** withdraw your child from these lessons.

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

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'.

Sex Education at Ludlow Primary School

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). 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 Ludlow Primary School, we define Sex Education as 'Understanding Human Reproduction'. And believe children should understand the facts about human reproduction before they leave primary school so for this reason we teach sex education embedded within our Jigsaw PSHE programme. We may use resources from other sources/programmes to support and enhance our Jigsaw programme.

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 Ludlow Primary School, puberty is taught as a statutory requirement of Health Education and covered by our Jigsaw PSHE Programme in the 'Changing Me' Puzzle (unit). We conclude that sex education refers to understanding human reproduction, and therefore parents have a right to request their child be withdrawn from the PSHE lessons that explicitly teach this (The Jigsaw Changing Me Puzzle Unit in summer term 2)

- Year 4, Changing Me, Lesson 2 (Having a baby)
- Year 5, Changing Me, Lesson 4 (Conception)
- Year 6, Changing Me, Lesson 3 (Conception, birth)

If you wish to withdraw your child from the lessons stated above, please request a withdrawal form from your child's class teacher.



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Who can I contact if I would like further information?

Senior Leadership team

Your Child's Class teacher

PSHE/RSHE Subject Lead

Further information can be found at:

Understanding Relationships and Health Education in your child's primary school: a guide for parents

We want all children to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why, from September 2020, all primary age children will be taught Relationships and Health Education.

These subjects 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 successful adult life. The world for all young people looks very different from the way it did 20 years ago when the curriculum was last updated – these changes bring the content into the 21st century, so that it is relevant for your child.

Your child's school will have flexibility to deliver the content in a way that is age and developmentally appropriate and sensitive to the needs and religious background of its pupils.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online.

Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, your child's school will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

You can find further detail by searching 'relationships and health education' on GOV.UK.

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.



By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

You can find further detail by searching 'relationships and health education' on GOV.UK.

GOV.UK

- Understanding relationship and Health Education in your Primary School: A guide for Parents

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE primary schools guide for parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf)

Ludlow Primary School RSHE Policy

You can find a copy of our school policy on our website:

- Key Information – Policies

<https://www.ludlowprimaryschool.co.uk/key-information/policies>



Policy: Relationships and Sex Education

PSHE/RSHE

Date: July 2020

School lead: Kate Mather

Governor lead: Andrew Teale

Reviewed: September 2021

Review date: September 2022

