



Newark Hill Academy.

### Introduction To RSE

Relationships and Sex Education (RSE) is taught to give our children and young people a better understanding of healthy relationships, sex and diversity - as well as the knowledge of how to keep themselves safe and the confidence to seek help when needed. This is an integral part of the PSHE curriculum at Newark Hill Academy which has been developed through the Cambridgeshire PSHE scheme. A planned and progressive program of RSE gradually and appropriately begins to prepare our children as they grow. It teaches the skills they need to fully manage the natural physical and emotional changes that will happen to them as they grow and mature into healthy young people.

The content will vary to ensure it is appropriate for each pupil.

The purpose of this leaflet is to fully inform you so that you are clear what your child will be taught, why we teach it and what they can expect.

### What will my child learn?

We follow the Cambridgeshire PSHE/RSE scheme of work which is in year groups. At times children may be taught in single sex or one to one by either the class teacher or school nurse.

We very much want to support parents as much as possible and are available to discuss any concerns.

RSE at Newark Hill Academy is focussed on preparing children for changes they will see/experience. The children will learn about the different relationships they have, how their body will change and grow and how they can keep themselves and others safe.

(please see RSE policy with content)

### Why is it so important?

We want your child to have the ability to be able to understand relationships. Our relationships come in a wide variety of forms: colleagues, family, casual acquaintances, close friendships.



Our children learn by looking at and listening to all the messages they experience. They are

constantly trying to make sense of the world around them.

We also have to consider the media and the fact that our children are confronted with sometimes sexual images in advertising and stories about celebrity lifestyles.

Many children enter puberty whilst still at primary school, sometimes without suitable preparation from home or school. This can be confusing, embarrassing and even distressing.

### **National Curriculum Science**

KS1 - human growth, senses, reproduction, name external body parts, life cycle, similarities/differences between themselves and others,

KS2 - Nutrition, growth, reproduction, main stages of the human cycle

**3 overall themes in PSHE including:** 1) health and well-being 2) Relationships and 3) Living in the wider world.

**Within the PSHE curriculum, RSE is covered in all of the topic areas:**

Me and My School, Happy Healthy Me  
Me in the world, Me and My safety  
Me and My Relationships, Me and other People

## Key concepts in typical year groups through Science or RSE sessions-

Year 1 - Body parts to include mouth, eyes, ears, nose, feet, hands, fingers, change, needs, grow and develop, family, relationship, different, similar, respect, care, love, look after, like, trust, share, listen, help, talk, kind, good friend, choice

Year 2 - clean, dirty, hygiene, washing, infection, disease, germ, spread, catch, illness, stop, cover, nurse, doctor, and pharmacist, behaviour, affect, take turns, rules, fair, unfair, right, wrong, change, loss, happy, sad, angry, remember, share, safe, unsafe, comfortable, uncomfortable, secret, surprise, tell, NO, stop, boy, girl, male, female, family, different, similar

Year 3 - body parts to include: lungs, brain, stomach, heart, tongue, vagina, breasts, womb, male, female, physical, emotional, social, teenager, parent, family, carer, partner, mum, dad, grandparents, step mum and step dad, acceptable, unacceptable, depends, worried, hurt upset, good secret, bad secret

Year 4 - bacteria, hygiene, life cycle, mature, develop puberty, body processes, inevitable, bigger,, taller, heavier, stronger, feelings, emotions, moods relationships, private, separated, died, relief, regret, violence, enemy and responsibility, online, passwords, personal information,

Year 5 - Menstruation, (period), ovary, fallopian tubes, womb, sanitary towels, tampons, stereotype, gender, discrimination, personal hygiene, hormones, bacteria, sweat, perspire, greasy, odour, toiletries, love, partner, marry, marriage, risk and responsibility

Year 6 - puberty and feelings emotional, physical, social, compromise, negotiate, reproductive organs, cervix, bladder, scrotum, sperm, duct, urethra, egg, womb penis, vagina, hips, testicles, baby, periods, breasts and ovaries.

### What to do if I have questions/concerns?

If you have any questions or concerns please speak to your child's class teacher in the first instance. All teaching staff will give a breakdown of what each class will cover at the start of the year and this is also available on our website. This may vary for some individuals however; the class teacher will always inform parents/carers of anything different.

### Can I withdraw my child from RSE lessons?

Relationships and Health Education is statutory, the same as Science which covers the body parts and the reproductive system. However, you will have the right to withdraw your child from certain aspects of Sex Education that isn't part of the National Curriculum for Science. We hope that by giving you this information, you will see

the value these sessions will provide to your child's understanding, safety and development.

As well as covering the key concepts, we will also be covering 'Talk PANTS from the NSPCC which is designed for children aged 4 to 11. During these discussions, important safety skills will be taught without giving explicit information or telling scary stories. We will be teaching our children how to stay safe by learning the PANTS rules, which the NSPCC have developed to be like a green cross code for staying safe from sexual abuse and exploitation.

### PANT's stands for:



Lessons will be delivered and appropriate to individuals/groups. The PANTS rules cover:

- Good and bad touching
- Your child's right to say 'No' to things that make them feel uncomfortable or upset.
- Naming body parts
- Who your child can turn to if they feel worried or upset.

