



Reedham Primary & Nursery School,
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16th September 2025

Dear Reedham family,

The aim of Relationships, Sex and Health Education (RSHE) is for our children to grow up happy, healthy and safe, both today and in their futures. RSHE is 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. We call this learning PSHE (personal, social and health education) at our school. It includes statutory education elements. Please visit our [website](#) for further information.

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. We will cover how to treat each other with kindness, consideration and respect. By the end of primary school, your child will have been taught content on:

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

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, your child 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

Sex Education aims to prepare pupils for the changes adolescence brings. Drawing on knowledge of the human life cycle set out in the national curriculum for science it teaches how a baby is conceived and born.

Our school prides itself on delivering effective, age-appropriate RSHE within an inclusive and supportive learning environment; using non-biased resources. We are flexible and deliver content which is completely age appropriate and sensitive to the needs and backgrounds of all pupils. This is an important part of safeguarding children and supports children to keep themselves safe.

RSHE is taught by experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

RSHE will deliver a spiral curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues. These are delivered through explicit lessons, as laid out in our curriculum and through assemblies. First aid is part of the statutory health curriculum and is taught as a whole school approach through assemblies, by Miss Waters.

We would like to take this opportunity to reassure you that the teaching materials and strategies support pupils and help them to understand relationships, sex and health. All lessons will be taught in a strictly non-judgemental and non-biased manner, to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's RSHE with them at home. We have included 'Top tips for talking to your child' to support you. This is an opportunity for you to share your family values in relation to the topics, building strong channels of communication about emotions, the human body and relationships with your child.

Health Education and Relationships Education is compulsory in all primary schools. This means you cannot withdraw your child from these topics as it is important all children receive this content, covering topics such as friendships, mental health, how to stay safe and ask for help when needed.

Sex Education is recommended in primary schools and parents / guardians have the right to request that their child be withdrawn from Sex Education content.

If you would like to withdraw your child from Sex Education, please email this to the school office.

As a school, we wish to encourage a positive engagement process that includes the views of pupils, parents, guardians, staff and trustees in relation to RSHE. Comments and questions regarding our RSHE provision are welcomed and can be emailed to the school office.

Please feel free to contact your child's class teacher if you would like to discuss our programme of RSHE on an individual basis and if you would like a paper copy of our curriculum.

Yours sincerely

Miss Beth Spaul

Academy Head

