



Relationships and Sex Education

28.2.2022

Dear parents and carers,

At Eastington, relationships and sex education (RSE) is taught within our personal, social, health and economic (PSHE) curriculum.

The aims of RSE at our school are to:

- Give children an understanding of the physical changes that will happen to them, especially in puberty, and give them an understanding of sexual development.
- Equip children to have positive relationships of all types.
- Provide a framework in which sensitive discussions can take place.
- Help pupils develop feelings of self-respect, confidence and empathy.
- Teach pupils the correct vocabulary to describe themselves and their bodies.

Relationships education focuses on teaching the fundamental building blocks and characteristics of positive relationships and are threaded through all PSHE units including: Me and My Relationships, Valuing Differences, Keeping Myself Safe, Rights and Responsibilities, Being My Best and Growing and Changing. Sexual education is taught within the 'Growing and Changing' units – these are taught in Summer term in single year groups. A full outline of our curriculum for PSHE and RSE can be found in our RSE policy-see attached.

To teach PSHE and RSE well, we have adapted resources from Coram Scarf. Coram Scarf is underpinned by a growth mindset and is inclusive. It also fulfils DfE requirements for Relationship and Health Education.

Last term, the staff team received training on teaching Relationship and Sex Education (RSE): how to support children in being respectful; how to set ground rules to help children feel comfortable and how to answer questions honestly and age appropriately. The training was useful and considering this we reviewed our RSE policy and altered the ground rules for PSHE/RSE sessions to support children. These ground rules can also be found in Appendix 4 in the RSE policy.

If you wish to discuss this further, please do contact me or our PSHE Leader Mrs Rome.

With kind regards,

Zoe Avastu

Headteacher