



Western House Academy

where every opportunity shapes a life

to question is to grow

RSHE (Relationships, Sex Education and Health Education) Parent Update

Dear Parents & Carers,

In September 2020 the Department for Education made Relationships and Health Education (Primary) and Relationships, Sex Education and Health Education (Secondary) compulsory in all schools. The statutory guidance can be found here:

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

Following a parent consultation in 2018, Western House Academy and other schools in The Park Federation have adopted to teach RSHE through Personal Social and Health Education (PSHE) lessons using the Jigsaw programme. For schools in England, the Jigsaw programme is fully compliant with the statutory relationships and health education guidance (2019).

What must primary schools teach in Relationships Education, Health Education and Sex Education?

For Primary aged children this includes curriculum content under two headings:

Relationships Education	Health Education
Families and people who care for me Caring Friendships Respectful Relationships Online Relationships Being safe	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

In the final summer term, WHA intend to teach sex education (Years 5 & 6) alongside the Health Education content as part of the Jigsaw unit 'Changing Me'.



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What will my child actually be taught about puberty (Health Education) and human reproduction (Sex Education)?

Jigsaw's 'Changing Me' unit is taught over a period of 6 weeks, in the second half of the summer term and in most year groups there is only one or two lessons that refer to puberty.

Each year group will be taught appropriate to their age and developmental stage, building on the previous years' learning. Please note, at no point will a child be taught something that is inappropriate; and if a question from a child arises and the teacher feels it would be inappropriate to answer, (for example, because of its mature or explicit nature), the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's programme.

The Changing Me Puzzle is all about coping positively with change and includes:

Ages 3-5 Health Education - Growing up: how we have changed since we were babies.

Ages 5-6 Health Education - Boys' and girls' bodies; correct names for body parts.

Ages 6-7 Health Education - Boys' and girls' bodies; body parts and respecting privacy (which parts of the body are private and why this is)

Ages 7-8 Health Education - How boys' and girls' bodies change as they grow older. Introduction to puberty.

Ages 8-9 Health Education – Girls only - Menstruation.

Ages 9-10 Health Education - Puberty for boys and girls in more detail including the social and emotional aspects of becoming an adolescent.

Ages 9-10 Sex Education - Conception explained in simple biological terms

Ages 10-11 Health Education - Puberty for boys and girls revisited.

Ages 10-11 Sex Education - Understanding conception to the birth of a baby. Becoming a teenager.

All lessons are taught using correct terminology, child-friendly language and diagrams.

Does my child have to take part in RSHE?

All schools have a statutory duty to teach pupils the aspects of Relationship Education and Health Education and pupils cannot be withdrawn from these lessons. As we have made the decision to teach Sex Education as part of the 'Changing Me' unit, pupils may only be withdrawn from specific lessons relating to human reproduction e.g. conception and birth in Years 5 & 6.

Withdrawal from these sessions must be granted by Mrs Snowden following submission of the withdrawal form. This can be found on the Jigsaw page of the school website <https://western-house-academy.secure-primariesite.net/pshe/>

If you have any specific queries regarding your child, or the materials used to teach RSHE in the forthcoming term, please arrange to speak to the Vice Principal or Ms Stuart- William (PSHE Lead).

Kind regards,



Mrs Snowden