**27th September**

**RE: Consultation for the review of the Relationships and Health Education Policy**

Dear parents/carers,

I am writing to inform you of our consultation of the Relationships and Health Education Policy. This is a statutory part of our curriculum and is taught in all primary schools. This meeting will take place in the school hall on **Thursday 14th October at 2.45pm.** A copy of our policy and curriculum outline can also be found on our website. Parents are invited to give their feedback using the following link;

(survey under construction) **by Friday 22nd October.**

At Caythorpe Primary School, we are committed to helping all our pupils to grow up healthy, happy and safe, and to be able to navigate life in modern Britain. Relationships and health education has been incorporated into our curriculum to equip pupils with the knowledge they need to make informed decisions about their health, safety, and relationships with others, now and in the future.

We aim to deliver relationships and health education which is current, evolving, age- and developmentally-appropriate, and respectful of each pupil’s cultural and religious background.

**What is relationships education?**

Relationships education will give pupils the foundation to build safe, positive relationships with those around them, including online. Your child will be taught what friendships and relationships are, and what family means.

We are committed to teaching relationships education in a positive, age-appropriate way, encouraging all pupils to treat others with kindness, consideration and respect.

Throughout their time with us, pupils will be taught about the following:

* Families and the people who care for them
* Caring friendships
* Respectful relationships
* Online relationships
* Keeping safe

**What is health education?**

We aim for health education to provide your child with the knowledge they need to make positive decisions about their own health and wellbeing. Health education will also help equip your child to recognise when they are experiencing issues, when others are experiencing issues, and when to seek support.

Throughout their time with us, pupils will be taught about the following:

* Mental wellbeing
* Internet safety and harms
* Physical health and fitness
* Healthy eating
* The risks associated with drugs, tobacco and alcohol
* Health and the prevention of ill health
* Basic first aid
* The changing adolescent body

**When will relationships and health education be taught?**

At Caythorpe primary School, the main aspects of our relationships and health curriculum is taught through our PSHE sessions. We use the Jigsaw – PSHE through mindfulness. The sex education aspects are taught in Summer term 6. The whole school have the following themes, where learning is built upon year on year.

* Term 1 – Being me in my World
* Term 2 – Celebrating Differences
* Term 3 – Dreams and Goals
* Term 4 – Healthy Me
* Term 5 - Relationships
* Term 6 – Changing Me

**What you need to know**

The teaching of relationships and health education in school has been designed to complement and reinforce the essential lessons parents teach their children as they grow up. To put this into practice, the school is required to consult with parents when reviewing our policies on relationships and health education. Our Relationships and Health Education Policy and curriculum is available to view on our school website.

For future reviews we will notify you of any proposed changes to the aforementioned policy and request feedback on any proposed changes.

We would like to reassure you that the content taught in relationships and health education will be respectful of every pupil’s religious and cultural background.

As relationships and health education is a statutory part of our curriculum, it is not possible for you to withdraw your child from these lessons. It is also compulsory for your child to participate in science lessons, some of which contain educational material about human development and the reproductive system – it is not possible to withdraw your child from these lessons.

It is, however, possible to withdraw your child from some or all lessons on sex education. Please contact the Mrs Hunt on helen.hunt@caytorpe-cit.co.uk as soon as possible should you need to discuss any alternative arrangements.

Yours sincerely,

Helen Hunt

Headteacher