



**Executive Headteacher:** Mr Stephen Snelson

**Head of School:** Mrs Rachel Watts

**Assistant Headteacher:** Miss Jessica Hall / Mrs Polly Press

Copt Oak Road, Narborough,  
Leicestershire LE19 3EF

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Dear Parent/Carer,

### **Re: Year 4 Relationships Education and Health Education**

At Red Hill Field we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme, we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

In the first week back after the holiday, we will be beginning some work in year 4 about 'Growing and Changing'. This work forms part of an ongoing programme of RSE, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science, some Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- **How are male and female bodies different and what are the different parts called?**
- **When do we talk about our bodies, how they change, and who do we talk to?**
- What can my body do and how is it special?
- **Why is it important to keep myself clean?**
- **What can I do for myself to stay clean and how will this change in the future?**
- **How do different illnesses and diseases spread and what can I do to prevent this?**
- What are the main stages of the human life cycle?\*
- How did I begin? Sex Education
- **What does it mean to be 'grown up'?**
- **What am I responsible for now and how will this change?**
- **How do different caring, stable, adult relationships create a secure environment for children to grow up?**

*\*Part of the National Curriculum for Science*

**Bold** from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk their parents/carers about these issues.



**Telephone:** 0116 284 1500 **Email:** office@rhf.learnat.uk **Web:** redhillfield.com **Twitter:** @redhillfield

These are some useful sources of support:

To read the government guidance for Primary parents on RSE follow this

link [assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/812593/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/812593/RSE_primary_schools_guide_for_parents.pdf)

For information on talking about RSE to your children, try

[www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/](http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/)

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/)

You have the right to withdraw your child from the elements of our programme defined as sex education i.e. learning about human conception and birth. Please contact the **Head Teacher** if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact **a member of staff**.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

Yours faithfully,

Mrs Combey, Ms Jordan, Miss Mehta and Mrs Chapman



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