

Mexborough St John The Baptist C of E Primary School

Together we believe, together we succeed.



Sedgefield Way, Mexborough, South Yorkshire, S64 0BE.

Headteacher: - Mr A Minor

Date: 01.03.2024





Dear Parent / Carer

This term we are beginning the **statutory teaching** of Relationships and Sex Education (RSE). Relationships and sex education (RSE) is an important part of PSHE education. Relationships education is compulsory for all primary school pupils. This includes the key building blocks of healthy, respectful relationships, focusing on family and friendships, in all contexts, including online.

This education differs throughout year groups, coverage of what your child can expect to learn is detailed below and more information is available on the school website.

You can choose to opt out of your child taking part in these sessions if you wish however the higher year groups will cover similar things as part of the science curriculum which is not optional.

|  | <u>Key Stage 1</u> Y1 & Y2 | <u>Lower Key Stage 2</u> Y3 & Y4 | <u>Upper Key Stage 2</u> Y5 & Y6 |
|---|---|---|--|
| Relationships | <ul style="list-style-type: none"> Children to explore what makes a good friend: how to be one and who theirs are. Look into different types of relationships and discuss who we can trust. Identify our 'special people'. Explore forgiveness, what this looks like in different situations and how to give and accept it. Children to practise healthy ways to communicate with other children and adults by respecting opinions and building skills to resolve conflicts. Children to be exposed to and discuss various types of families and what makes them the same and different. | <ul style="list-style-type: none"> Children to understand what makes a good friend, who theirs are, how to be one and be able to identify friendly behaviours within themselves as well as others. Explore different levels of friendships and build strategies and confidence to form different types of relationships with their friends. Children to build a good understanding of how to communicate effectively with other children and adults; showing respect, being able to listen to and give opposing opinions, be able to have skills to practise effective conflict resolution when necessary including practising forgiveness. Children to understand the various types of families and what makes them the same and different | <ul style="list-style-type: none"> Understand what a good friend is and how to recognise when someone is being a bad one including online friends (explore peer-pressure and bullying). Recognise how relationships may change as children get older, more responsible for their actions and encounter changes Children to be able to recognise who we can trust and can't trust and be able to see when friends are having a negative impact and how to handle this positively. Develop conflict resolution strategies further including how to ask for advice Children to be able to listen to and respect others' opinions and give their own whilst communicating respectfully. To discuss what we mean by "going out" with someone and what we mean by love. The importance of permission- seeking. That marriage represents a formal and legally recognised commitment of two people to each other which is intended to be lifelong, including those of the same gender. Children to have a firm understanding of how families and relationships are similar and different (single parent families, mum / mum parents and dad / dad parents). |
|  | <u>Key Stage 1</u> | <u>Lower Key Stage 2</u> | <u>Upper Key Stage 2</u> |
| Sex Education | <ul style="list-style-type: none"> How our bodies are growing and changing. That each person's body belongs to them, and the differences between appropriate and inappropriate or unsafe physical, and other, contact. | <ul style="list-style-type: none"> Key facts about puberty and the changing adolescent body. | <ul style="list-style-type: none"> More in depth information about puberty and the changing adolescent body. About menstrual wellbeing including the key facts about the menstrual cycle and child birth. |

If you are happy for your child to participate in this learning, you do not need to respond. If you wish to opt out of some or all of the sessions for your child, please complete attached form by visiting

<https://forms.office.com/e/76pDsrKWQS>



E-Mail school@msj.imat.org.uk

Website: - www.mexboroughstjohn.co.uk

