

Our vision, rooted in the words of Jesus (Matthew 19:14), "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these," is to provide a safe, happy and caring environment where all pupils are nurtured and valued within a Christian ethos.

23rd October 2023

Dear Parents and Carers,

As a part of your child's education at Christ Church CE Academy, we promote personal wellbeing and development through a comprehensive Personal, Social and Health education programme.

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, as part of the curriculum this year, your child's class will be taking part in lessons which will focus on the Relationships, Sex and Health education (RSHE) aspect of this programme. RSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the governing body.

At Christ Church CE Academy, we follow a scheme of learning called SCARF.

The themes covered in each year group are detailed below.

SCARF RSHE-specific lessons are designed to cover key skills, attitudes and values children need to explore in order to develop healthy relationships with their peers. Children also learn how to keep themselves safe and to ask for help when they need it.

4-5 year-olds: *being the same and different, our special people, different families, different homes, our feelings, being unique and special, being kind, caring and friendly, keeping safe, keeping healthy, resilience, life stages and growing from young to old.*

5-6 year olds: *explores themes around families and their special people, the importance of respecting others including those that are different from us, recognising that genitals are private and their correct names; develops understanding of the difference between surprises and secrets (good or bad secrets) and when not to keep bad adult secrets; helps develop judgement of what kind of physical contact is acceptable or unacceptable and how to respond to this (including who to tell and how to tell them).*

6-7 year-olds: *looks at the process of growing from young to old and how people's needs change; explores the opportunities and responsibilities that increasing independence can bring, recognising that they share a responsibility for keeping themselves and others safe.*

7-8 year-olds: *introduces themes about change, including menstruation and bereavement,*



Part of Enhance Academy Trust, we are a strong team of proud pupils, parents, staff governors, local community and the Church.

healthy and unhealthy relationships (friendships), how images in the media do not always reflect reality and the impact of this on people's thoughts and feelings; the nature and consequences of discrimination; the importance of protecting personal information online; understanding risk and building resilience; making informed choices; resisting pressure and recognising when and how to ask for help.

8-9 year-olds: builds on the themes covered in previous years, looking more closely at body changes as they approach and move through puberty including: menstruation and human reproduction; conflicting emotions; what positively and negatively affects their physical, mental and emotional health; understanding good and not-so-good feelings; recognising and challenging stereotypes; consequences of their actions; pressures to behave in an unacceptable, unhealthy or risky way and that marriage is a commitment freely entered into by both people.

9-10 year-olds: builds on the themes covered previously and in greater depth, looking more closely at: body changes and feelings during puberty; how their changing feelings can affect those they live with; what makes relationships unhealthy; exploring risky behaviour in more detail; different types of bullying including homophobic and transphobic; how to keep their personal information private online (and why this is important), and how to use social media safely.

10-11 year-olds: builds on and reinforces all the themes of the previous years, with new content built into the lesson plans looking at: body image and the media; sexual intercourse; keeping safe and managing pressure online.

Further information from SCARF, including example learning objectives has been provided alongside this letter.

For more details about our RSHE curriculum please visit the school's website <https://www.christchurchcofeacademy.co.uk/curriculum-1/pshce>

All RSHE teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

Parents and carers have the right to withdraw their child/children from sex and relationship education and the government's guide for parents can be accessed through the following link:

https://assets.publishing.service.gov.uk/media/5f2c2b98e90e0732d9008d61/RSE_primary_schools_guide_for_parents.pdf

It is also available on our website.

As a school community, we are committed to working in partnership with parents and would welcome your feedback regarding our RSHE curriculum by asking that you click the link to complete a short survey.

<https://forms.office.com/e/gnRWGurEPh>

Yours sincerely,



Miss Kerry Morgan Assistant Head Teacher
(with responsibility for SEND and RSHE)

