

Welcome everyone 😊
Parent and Carer RSHE
meeting with Miss Overfield
and Mrs Jones



RSHE stands for
'Relationships, Sex
and Health
Education



The plan for this meeting

What to see

- ▶ The display boards of the children's work completed in our RSHE/PSHE lessons.
- ▶ The RSHE Policy.
- ▶ A Parent Questionnaire.
- ▶ Story books and books to use at home.
- ▶ A question box.

The plan

- Small presentation to learn about RSHE in our school.
- Time for your questions.



Parent and Carer Agreement

- ▶ There is plenty of time to ask your questions and share your worries (if any).
- ▶ Show kindness and respect to everyone around us.
- ▶ If we cannot answer your question tonight, we will do our best to find out and get back to you.
- ▶ There is no such thing as a silly question.
- ▶ We would like to take some pictures, with your permission.



Relationships, Sex and Health Education

- ▶ Teaching about relationships is nothing new for primary schools
- ▶ Statutory Guidance for Relationships Education, Relationships and Sex Education (RSE) and Health Education, was published by the Department of Education (DfE) and outlines what schools need to cover and teach.



RSHE IS ...

- ▶ **Supporting** children to be happy, healthy and safe - equipping them for adult life, including managing challenges that come their way.
- ▶ Recognising children have access to so much information at their fingertips; we want to help **protect them**.
- ▶ Teaching the skills and confidence to have safe, positive, healthy and **enjoyable relationships**.
- ▶ Supporting children from the start of their education to grow into kind, caring adults who have respect for others and know how to **keep themselves and others safe**.
- ▶ **Protection** - Education is the only way that children will be able to recognise abusive and unsafe behaviour and know how to seek help.



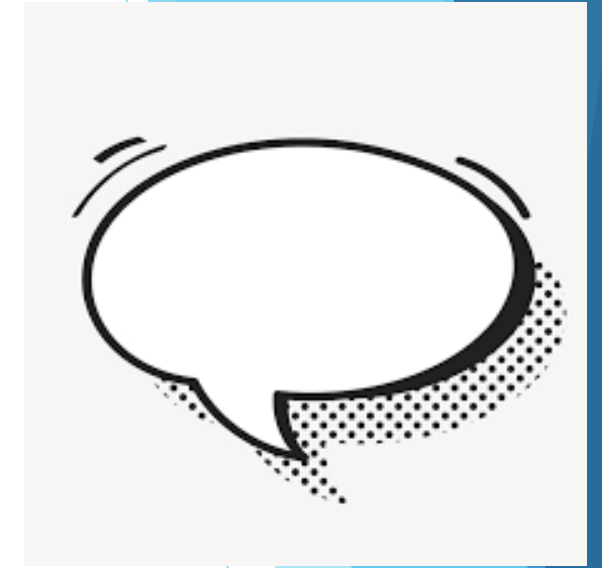
Primary Relationships and Health Topics

- ▶ Families and people who care for me
 - ▶ Caring friendships
 - ▶ Respectful, kind relationships
 - ▶ Online safety and awareness
 - ▶ Being safe
- General Wellbeing
 - Wellbeing online
 - Physical health and fitness
 - Healthy Eating
 - Drugs, Alcohol, Tobacco and Vaping
 - Health Protection and Prevention
 - Personal Safety
 - Basic First Aid
 - Developing Bodies

All will be covered in an age appropriate way.



Where might our children learn about RSHE?



How might they feel and react to the sources they learn from?

What role could Thornhill Primary School play in helping children learn?

RSHE teaches essential life skills including recognising healthy relationships, setting boundaries, and online safety.

RSHE fosters respect, empathy, and understanding among children, supporting their social and emotional growth.

Why RSHE matters

RSHE empowers children to make informed decisions and supports academic success through emotional resilience.

Early RSHE education reduces bullying, exploitation, and mental health risks by promoting emotional well-being.



Please see example curriculum and resources on the table, how and when it is delivered

- ▶ Insert redrafted Knowledge and Skills Grid here. (TBC)



Sex Education

What topics can my child be withdrawn from?

- ▶ As part of our curriculum, we cover some aspects of what is defined as sex education in years 5 & 6. This is recommended by the Department of Education.
- ▶ As a parent or carer, you have the right to request that your child is removed from some or all parts of sex education lessons.
- ▶ There is no right to withdraw from the statutory science, relationships or health education lessons. (This includes puberty education)
- ▶ What we cover is included in our RSHE policy
- ▶ As part of our consultation process we will share what we intend to cover and why to help you make an informed choice.
- ▶ This links to keeping children safe and well-being
- ▶ As a parent or carer, you are welcome to view and discuss any RSHE resources at anytime.

If you do wish to remove your child from some of the lessons that include this, you can complete the request form attached to the RSHE policy.
We will then arrange a meeting to discuss this further.



What many schools include In Y5/6 non statutory Sex Education

A typical Y5/6 curriculum (example from a UK school) includes:

Year 5 (Growing Up)

- Identifying male and female body parts using scientific terminology (non-explicit).
- Understanding physical and emotional changes in puberty.
- How family, media, and peers influence body image.
- Personal hygiene and healthy routines.

Year 6 (Optional - Sex Education modules)

Schools that include sex education may teach:

- **How babies are conceived and born**, explained in an age-appropriate, factual way.
- Understanding emotions, relationships, and responsibility within families.
- Understanding stable relationships such as marriage or civil partnership.



Why we engage with our parents & carers

- ▶ To help you understand the purpose and content of RSHE.
- ▶ To inform parents and carers of what we intend to cover, what we teach and when it will be covered.
- ▶ We value and appreciate your feedback.
- ▶ We want to help and support you as parents and carers with talking to your child.





What is a school policy?

- ▶ A policy helps guide a school on keeping all pupils safe and happy, making sure a school provides high quality teaching and learning.
- ▶ A policy can help parents & carers to understand how the school runs and what is taught in each subject.
- ▶ This policy covers everything you need to know about Primary Relationships, Sex Education & Health Education.



Managing children's questions



- ▶ Pupils may ask questions about topics which go beyond any sex education covered by our school or relate to sex education from which they have been withdrawn.
- ▶ **Our priority is supporting the child.**
- ▶ This may include asking a pupil to speak to their parents or a trusted adult, signposting to support services where needed, and recognising that children whose questions go unanswered might instead turn to inappropriate sources of information, including online.





Your questions





- ▶ Thank you for coming to our meeting and supporting us with the development of our RSHE curriculum.
- ▶ Kind wishes Miss Overfield and Mrs. Jones

