



Understanding Relationships and Health Education in Castle School: a guide for parents

We all want our children to grow up healthy, happy and safe, and as prepared as they can be to take on the challenges of growing up in modern. This is why it is now statutory for all primary age children to be taught Relationships and Health Education.

At Castle School we will always endeavour to teach in a way that is age and developmentally appropriate, and is sensitive to the needs and religious backgrounds of our pupils. We know that our teaching has to be differentiated. Some pupils need to be taught how to take on the responsibilities for maintaining healthy relationships with others. However, for other pupils, such an approach would be inappropriate and even insensitive. Teachers need to consider the needs and developmental level of each pupil when considering their Relationships and Health Education curriculum, and we believe that consultation with parents is an integral part of this.

Relationships Education

Relationships Education aims to put in place as much as possible the building blocks needed for positive and safe relationships including with family, friends and online. We teach what relationships and friendships are, and how to treat each other with kindness, consideration and respect. The curriculum is based on the themes of:

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

Health Education

Health Education aims to give your child, as far as is appropriate, the information they need to make decisions about or contribute to maintaining their health and wellbeing, and to recognise problems and seek support when such issues arise. The curriculum is based around the themes of:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Facts and risks associated around tobacco, alcohol and drugs
- Health and prevention
- Basic first aid
- Changing adolescent body
- Sexual relationships (secondary only)



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We recognise that some of these subjects will never be appropriate for some of our pupils.

Your rights as a parent

The important lessons you teach your child about healthy relationships, looking after themselves or staying safe, are respected and valued in our curriculum. Our teaching should complement and reinforce the lessons you teach your child as they grow up.

We will shortly be **offering consultation sessions with parents** on Relationships and Health Education. You may wish to consult our full Relationships and Sex Education Policy on the school website and look at the government guidance by searching 'relationships and health education' on the GOV>UK website.

Right to withdraw your child

You cannot withdraw your child from Relationships Education as it is now considered a statutory part of the curriculum. If you do not want your child to take part in some or all of the lessons on Sex Education you can ask that they are withdrawn.

The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from. However, as already stated, we will only teach content which we feel children are developmentally ready for, and we welcome input from parents in deciding what is or is not appropriate.

Link to questionnaire: https://forms.office.com/Pages/ResponsePage.aspx?id=-i7t18Q_A0WMF7DYWMJEOLSeYhMwRxILvFUST58Mf-9UQjZKNVM1SVJQMIhSSVhGOVIMSUhQR1RVNS4u