



**Friday 20th May 2022**

Dear Parents/Carers,

Our PSHE curriculum includes statutory relationships and health education content.

**Relationships education** means teaching pupils about safe and healthy relationships, including:

- Family and friends
- Being safe, including online
- How to recognise unsafe relationships
- How to get help

**Health education** is about good physical health and mental well-being. It includes:

- How to deal with emotions
- Healthy eating and fitness
- The physical and emotional changes of puberty, including the menstrual cycle
- Internet safety and harms

For a detailed overview of the content for each Year group (Years 1-6) please see our PSHE overview here:

<https://springfield.hackney.sch.uk/wp-content/uploads/sites/5/2022/01/PSHE-at-Springfield.pdf>

#### **Sex Education and the right to withdraw**

While **sex education** isn't compulsory, the DfE recommends all primary schools have a sex education programme that fits pupils' age, and physical and emotional maturity. There's no list of expectations for this at primary level, but the DfE suggests it should:

- Make sure boys and girls are prepared for the changes that adolescence brings
- Draw on knowledge of the human life cycle set out in science lessons, to explain how a baby is conceived and born

Guided by this, at Springfield, we have designed our curriculum to also include a small amount of age-appropriate sex education content in Year 6. Our goal is to give children the knowledge and understanding they need to be safe. As parents and carers, you have the right to withdraw your child only from lessons related to sex education but not relationships or health education. The science curriculum in all maintained schools also includes content on human development, including reproduction, which there is no right to withdraw from. Children in Year 5 learn this content in their science curriculum about human life cycles.

The content for Year 6 sex education is clearly detailed here: <https://springfield.hackney.sch.uk/wp-content/uploads/sites/5/2022/01/PSHE-at-Springfield.pdf>

Please find further details of our Federation-wide RSHE (relationships, sex and health education) policy here: <https://www.st-matthias.hackney.sch.uk/wp-content/uploads/sites/9/2020/11/Relationships-sex-and-health-education-policy-June-2020.pdf>

You may find the following guidance helpful in considering your choice and we warmly invite you to come and discuss it with us before reaching a final decision: *DfE guidance: understanding Relationships and Health education in your child's primary school: a guide for parents* [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907638/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf)

If you could like to discuss withdrawing your child from sex education lessons, please email [admin@springfield.hackney.sch.uk](mailto:admin@springfield.hackney.sch.uk) or call 0208 800 9007 to make an appointment with myself or Ms Wyatt.

Anna Case,  
Headteacher