

Friday 31st March 2023

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 is 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 the National Curriculum for science, 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 one sex education lesson in the Changing Me unit but not from 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 relationships and 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

On **Tuesday 18th April at 9am** you are invited to attend an open meeting related to our RSE curriculum. We will share an overview of our approach (as laid out in the links above) and answer your questions. Whilst we have arranged the meeting based on your feedback about the most convenient timings, we understand that – due to a range of circumstances related to work and caregiving commitments – some families will not be able to attend. If you would like to discuss any element of the RSE curriculum, or if you are considering withdrawing your child from sex education lessons, please email admin@springfield.hackney.sch.uk or call 0208 800 9007 to make an appointment with myself or Ms Wyatt and we will be happy to arrange either a telephone or in-person appointment.



Anna Case,
Headteacher