



# Coleham Primary School

*For every child, an Excellent Education*

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**Headteacher: Ms C Jones**

**Deputy Headteacher: Mr T Larkham**

2<sup>nd</sup> November 2020

Dear Parents and Carers,

## **Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education Programme**

I am writing to inform you that we will begin our delivery of our Relationship and Sex Education (RSE) scheme to all children from Reception to Year 6 during this half term.

As part of the statutory national curriculum, aspects of relationship and sex education are taught to all pupils. This includes understanding growth, lifecycles and reproduction for animals/mammals and scientific naming of body parts. We believe that this biological approach needs to be balanced with an emphasis on relationships, feelings and values. We are particularly concerned to ensure our children know how to keep themselves safe and healthy and develop confidence and self-esteem to ensure they are not vulnerable or exploited in any way.

We will be delivering the Shropshire Respect Yourself Relationship and Sex Education programme to Year 6. For pupils in Reception to Year 5, we will be teaching from the Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education programme. We believe this provides a comprehensive scheme of work for our children, helping them develop their self-esteem and confidence to make healthy choices and keep safe.

The programmes will be delivered by your child's class teacher. The lessons are specifically designed with the age and maturity of the pupils in mind. There will be opportunities for the children to work in mixed and single gender groups and exercises will be adapted to take into account different levels of maturity and ability. We encourage pupils to ask questions, seek further information, complete activities and make suggestions at home.

We see this work as a partnership between school and home. Research shows that Relationship and Sex Education has a protective function as young people who have had good RSE (including that taught by parents and family in the home) are more likely to make responsible choices about relationships and keeping safe when they grow up.

Under normal circumstances, we invite parent/carers in to school. This allows you to find out more about what we teach in school and to support you in starting or continuing the conversation at home, furthermore, it allows you to ask questions and explore some of the resources that we use. However, as you know, we have to work a little differently now due to the COVID-19 pandemic. We have therefore decided that on this occasion, not to host a RSE Parents Evening.

That said; please do not hesitate to contact your child's class teacher or myself to discuss the RSE Programme. We will be more than happy to share an overview of the scheme and discuss some of the key aspects that you can expect your child to learn about including the use of biological language and when concepts are introduced.

If you would like further information about Relationships and Sex Education, our school policy and an overview of all the lessons are available on the school website.

Yours sincerely,

Mrs Pamela Field, PSHE / RSE subject leader