



St Martin's C of E Primary and Nursery School

Younghayes Road, Cranbrook, EX5 7DT
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Dear Parent,

You may recall I sent out last June information about the revised requirements for teaching Relationships, Health Education which became statutory from September 2020. Due to Covid, schools were given an extension for having this in place - we have been teaching in line with the revised guidance since September 2020 - however, I thought it may be useful to provide you with a reminder of the key areas covered in Primary.

Relationships Education

Relationships Education emphasises the importance of developing respectful, positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. This will include reference to all types of relationships beyond traditional husband and wife relationships, and children will share in discussions about other less traditional families, where children may have a single parent, or two male/or two female parents.

In an age-appropriate way, we will cover how to treat each other with kindness, consideration and respect. This supports how we have always encouraged children and adults alike to treat others, and is underpinned by our values of Love and Kindness, and our vision of 'Being the best we can be for Ourselves, for others and for God's World'

Health Education

By the time your child leaves St Martin's, they will have learnt about:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

The key changes to our curriculum relate to the statutory guidance to teach First Aid - this has always been part of our Year 6 Leavers skills for life sessions, but is now statutory for all children - provided in an age appropriate way.

We have always prioritised **mental health**, and now more than ever we recognise the importance of this. 18 of our staff are trained as mentors to support your children's mental health; we also

advocate the 10 - a day for mental health with children, and this is why we place high value on healthy eating and drinking in school, and regular outdoor sessions in the forest.

Internet Safety is a key concern of ours, and relies on partnership working with you at home. The number of our year 5 and 6 children who have access to SMART phones has significantly increased the concerns we have about internet safety and managing relationships online safely - we see many friendship fallouts because of children's inappropriate use of texting and What's App group messaging. On occasions, these also lead to safeguarding concerns. Even though this is clearly an issue out of school, the impact comes into school daily, and we would welcome parents delaying purchasing phones for their children until they are older and more able to manage online communication.

Sex Education

Sex Education has always been taught at St Martin's, and we always send out information about the content when this is taught. There is an element of this within all years, from our youngest children learning the proper names for body parts, to older children understanding reproduction and changes during puberty. Some of the content is taught within the science curriculum, and some is taught within PSHE (Personal, Health and Social Education) lessons, which happen weekly across the school.

For further information you can look at our policy online by going to our website:

<https://www.stmartinscranbrook.devon.sch.uk> Then go to OUR SCHOOL tab - POLICIES - TEACHING & LEARNING

Or you can look at our curriculum by going to the LEARNING tab and clicking on the PSHE/RSE box or the WHOLE SCHOOL CURRICULUM MAP box

You can also find further detail by searching 'relationships and health education' on Gov.UK

If, having read the above and having looked at the links, you are happy that we continue to deliver the curriculum as described, then please can you sign the tear off slip and return it to your child's class teacher.

If you would like to attend a meeting to gather more information, can you indicate this on the tear off slip below.

Many thanks

A handwritten signature in black ink, appearing to read 'Steph Harvey', is written over a light grey rectangular background.

Steph Harvey
Acting Headteacher



Please complete this slip and return to your child's teacher by 7th June 2021.

First Child's Name.....

Class.....

Second Child's Name.....

Class.....

Third Child's Name.....

Class.....

Fourth Child's Name.....

Class.....

I am happy that you continue to deliver the RHSE curriculum as described above and on the school website.

I would / would not (delete as appropriate) like to attend a meeting to gather more information about the RHSE curriculum.

Signed.....Date.....

Relationship to children