

Sudbourne Primary School

Headteacher: Richard Blackmore
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19 April 2021

Dear Parents/Carers

RSHE Consultation Outcomes

A huge thank you to the many parents/carers who took part in our school consultation on our RSHE (Relationships, Sex and Health Education) policy and curriculum earlier this year.

New PHSE (including RSHE) Policy: We are now pleased to share our newly revised PSHE – including RSHE Policy which was approved by Governors in March. You can access it via the Downloads section of the school's website's PSHE page:
<https://www.sudbourne.com/curriculum/pshe-including-rshe>

Compulsory and non-compulsory content: In line with government legislation as well as in response to our consultation feedback, the summary points for parents/carers to understand about PSHE including RSHE at Sudbourne, are:

- 1. Relationships education is compulsory – your child cannot be withdrawn from these lessons**
- 2. Health education is compulsory – your child cannot be withdrawn from these lessons**
- 3. Sex education – by which we mean 'human reproduction' is not compulsory. At Sudbourne, it will be taught under our PSHE umbrella and not in our science curriculum. Your child can be withdrawn (at your written request) from these lessons.**

We follow the Jigsaw programme, details of which you can find via the school website link above.

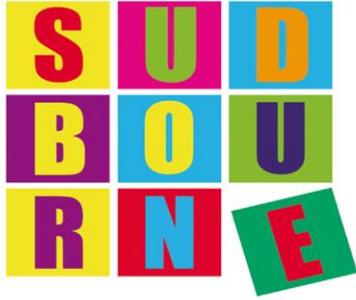
Summer Terms 2021: In Summer term 5, we will begin teaching the Jigsaw Puzzle Unit called 'Relationships'. These lessons are all compulsory content lessons.

In Summer term 6, we will begin teaching the Jigsaw Puzzle Unit called 'Changing Me'. Most of these lessons are compulsory but some have content relating to sex education which is not compulsory.

Before term 6, we will send you details of each lesson to be covered in the Changing Me unit, identifying which lessons, if any, relate to sex education. These lessons only are the ones your child can be withdrawn from. You may put your 'request to withdraw' in writing to the headteacher.

Please see sections 9 and 13 of the school's PSHE including RSHE policy for more information.





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More information for parents/carers:

As COVID restrictions mean that we are unable to hold parent/carer workshops on what we teach in RSHE, we do strongly encourage you to look through *all* the resources on the school website (see above for link) particularly the downloads section.

The documents - PSHE in EYFS to PSHE in Year 6 - give a great deal of detail on the knowledge and skills your child will be taught in their PSHE/RSHE lessons.

Jigsaw also has a very helpful guide outlining the Jigsaw approach to incorporating RSHE in to the PSHE curriculum. Please do read it to find out more about what we will be teaching and what we will not be teaching. This is because there is a lot of misinformation in the social media about what primary schools will be teaching, particularly relating to LGBT+ issues. The guide is called **RSHE A Guide for Parents and Carers** which you can find in the Downloads section of the website (see link above).

Support for parents/carers: To support parents/carers to feel comfortable and confident in talking to their children about their feelings, relationships, and changing body, Jigsaw have provided families with suggestions for **Family Learning conversations** related to the PSHE/RSHE lessons that will be taught in school. You can find these in the documents - PSHE in EYFS to PSHE in Year 6 – mentioned above.

On the next page, we've also shared some Top Tips for Talking to Your Child. We hope you find this helpful!

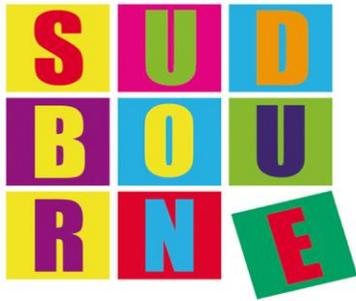
Next steps: Please do visit the school website – click [HERE](#) - and read the school's policy and supporting documents.

These resources should answer most of your questions, but if not, please do get in touch via admin@sudbourne.com with the header: RSHE information required

Yours sincerely

Sophia Henderson
Deputy Headteacher





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Top Tips for Talking to Your Child



Talking to your child about their feelings, relationships and changing body is important. Building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing seriousness arise.

Your child needs to know that it's OK to talk, and that you're happy to talk. They will learn this through your body language, tone and manner when you talk so try to behave as you would in any other topic of conversation.

Jigsaw have provided families with suggestions for **Family Learning** conversations related to the PSHE/RSHE lessons that will be taught in school. You can find these in the PSHE in Year X documents via: <https://www.sudbourne.com/curriculum/pshe-including-rshe>

Below are simple strategies to make talking about feelings, relationships and the body more comfortable and effective.

- ✓ Start by talking about something that you both find comfortable, such as feelings and emotions.
- ✓ Ask your child what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The Chat'. Talk about these topics little and often over everyday events like playing, drawing, whilst driving in the car or watching TV. This can help to normalise the conversation, easing uncomfortable feelings.
- ✓ Reading a story book containing relevant content is a helpful way to stimulate discussion with your child.
- ✓ Don't leave it too late. Start talking about relevant topics before you feel your child is approaching a level of curiosity about it, so you establish strong channels of communication in readiness.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged. Feeling listened to will encourage your child to talk about issues in the future.
- ✓ If your child asks you a question you are not sure how to answer, don't panic! Let them know that you will answer it at another time, making sure you remember to. Sometimes a simple answer can provide a sufficient response.
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Remember that it is good that they are comfortable to discuss issues with you. They need to trust that you will not respond negatively.

Make sure your child knows they can always talk to you anytime, about anything.

