



**Coleham Primary School**  
**Greyfriars Road**  
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**Shropshire**  
**SY3 7EN**

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Dear Parents and Carers,

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

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

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 pupils. This has won a national award. It is informed by national recommendations and good practise guidance. It supports transition from year 6 to secondary school.

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. This was nominated for a national award. 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. In order to find out more about what we teach in school and to support you in starting or continuing the conversation at home, you are invited to attend:

**Relationships and Sex Education Curriculum Evening for Parents on**  
**Wednesday 11<sup>th</sup> October between 4 – 5pm.**

It is highly recommended that all interested parents from across the school attend this meeting but due to the nature of the subject, we regret that it is not appropriate for children to attend.

As the PSHE leader for the school, I will share an overview of the scheme and 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. There will be a chance to look at the resources that we use in school and ask questions. Last year, 100% of parents who attended and responded to our session evaluation stated that the session was helpful (47%) or very helpful (53%) and as a result of parental feedback we have included the whole school overview of RSE lessons on the reverse of this letter.

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. Alternatively, please do not hesitate to contact your child's class teacher or myself who will be glad to answer any queries you may have.

Yours sincerely,

Mrs Yvonne Rowley, PSHE / RSE subject leader