



16<sup>th</sup> March 2021

Dear Parents/Carers,

## Relationships and Sex Education (RSE)

Our PSHE (Personal, Social and Health Education) curriculum is provided by Jigsaw, which has a whole-school focus on mindfulness. The purpose of PSHE is to build children's capacity for learning and equip them for life. The programme comprises of six puzzle pieces: Being Me in My World; Celebrating Difference; Dreams and Goals; Healthy Me; Relationships; and Changing Me. The summer term puzzle units are about Relationships (unit 1) and Changing Me (unit 2).

As part of the school's PSHE programme, your child will soon receive Relationships and Sex Education (RSE). This will include a unit of lessons on self-esteem, healthy relationships, personal safety and growing up ('Relationships' and 'Changing Me' units).

Nowadays, there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, which children and young people are exposed to. This can make an already confusing time seem even more complicated.

The purpose of the upcoming units is to provide your child with the knowledge and skills to keep them safe in the modern world. The unit will develop attitudes which will help pupils form relationships in a responsible and healthy manner, based on love and respect.

If children are provided with timely and age-appropriate information about their bodies and relationships, they can make their transition into adulthood with the confidence and knowledge to understand what is happening to them, and hopefully grow into confident and healthy adults able to make positive choices.

The 'Changing Me' unit includes, in every year group, two or three lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work and obviously the younger year groups will not be looking at these issues directly and explicitly, but rather learning the correct terminology for body parts and doing the foundation work for later year groups. The Year 5 and 6 lessons look more fully at puberty and reproduction.



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# Oswald Road Primary School

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Headteacher: D. Howard



In line with a change in government guidelines, all areas of the PSHE curriculum are now compulsory, including growing-up and puberty lessons. The only lessons children are able to opt out of are the Sex Education lessons (Year 4 and above). As parents, you have the right to opt your child out of these lessons. Please see the PowerPoint with voice over (see video links below) for more information about these changes and an explanation of the objectives covered in each year group. This should hopefully give you more of an idea of exactly how we teach RSE at Oswald Road.

[SRE Parent PowerPoint- Part 1](#)

[SRE Parent PowerPoint- Part 2](#)

The sessions in school may reinforce what you are already doing at home. The school is committed to working in partnership with parents and is keen to hear your views about what we will be delivering and give you an opportunity to ask any questions. We are therefore inviting you to attend a Zoom meeting on Wednesday 21<sup>st</sup> April 2021. A link to this will be sent out on Monday 19<sup>th</sup> April 2021. If you are unable to attend this and have any concerns or questions please email our PSHE Lead, Fiona Walker at [f.walker@oswaldroad.manchester.sch.uk](mailto:f.walker@oswaldroad.manchester.sch.uk). If you are unable to attend this meeting, a document with FAQs from the meeting will be produced and sent out to all families.

If you wish your child to opt out of the Sex Education lessons, please email our PSHE Lead, Fiona Walker, [f.walker@oswaldroad.manchester.sch.uk](mailto:f.walker@oswaldroad.manchester.sch.uk) to inform us that you do not wish your child to participate. This will be the only way you will be able to opt your child out of these lessons, unlike previous years. Please do not email the office, send a letter or phone to opt your child out. If you are not able to email for any reason please contact the school office. The deadline for opting out of these lessons is **Monday 26<sup>th</sup> April.**

For more information on the Jigsaw PSHE curriculum, including guides to RSE in different languages, [please click here](#) to view the dedicated page on our website. The page also features some leaflets with common questions that you as parents may have. We hope you find these useful.

We hope that you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children and we look forward to sharing them with you and answering any questions you may have.

Kind regards,  
Deborah Howard  
Headteacher



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