



8th March 2023

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

The purpose of the upcoming units are 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 students 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, 2 or 3 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 are not looking at these issues directly and explicitly but rather learning 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. Year 6 will also receive an additional compulsory lesson around body image and puberty. A separate letter detailing this will be sent out nearer the time.

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 lesson children are able to opt out is the one Sex Education lessons in each year group (Year 4 and above).** As parents you have the right to opt your child out of this lesson. However, we do encourage you to attend our workshop to gain a clear understanding of exactly what is being taught and to ask any questions you may have.

If your child is in year 3 or below there is no option to opt out of RSE lessons as all lessons are compulsory in these year groups. Please head to the [PSHE page on our website](#) see a powerpoint containing 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. We have also included some leaflets with common questions that you as parents may have. We hope you find these useful.

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 parent workshop on Thursday 25th April 2021 at 2.15pm. You will also get the opportunity to look at some lesson plans and resources in this session. If you are unable to attend this or have any concerns or questions please email Mrs. Walker f.walker@oswaldroad.manchester.sch.uk

If you wish your child to opt out of the Sex Education lessons and they are in years 4, 5, or 6, please email Mrs. Walker directly optout@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. If you are not able to email for any reason please contact the school office. The deadline for opting out of these lessons is **Friday 3rd May 2024.**

We hope 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