

Dear Parents/Carers

As a part of the broad and balanced curriculum delivered at Coppice, we promote personal wellbeing and development through a programme of Personal, Social, Health and Economic (PSHE) education. This aims to give our young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future. This was never a compulsory area of the curriculum but one which we felt was an essential part of every child's development.

As of September 2020 (delayed until Summer 2021 due to COVID), the Department for Education is making Relationships and Health Education (RHE) a compulsory subject to be taught in all primary schools. A link to the guidance can be found below or in the curriculum section of the school website.

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships Education Relationships and Sex Education RSE and Health Education.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/908013/Relationships_Education_Relationships_and_Sex_Education_RSE_and_Health_Education.pdf)

What does the guidance mean?

The guidance focuses on healthy relationships and keeping children safe in the modern world. It covers a wide range of topics including mental wellbeing, basic first aid, physical health & fitness, healthy eating, changes in the adolescent body, families, friendships, respectful relationships and Internet safety. Learning about the emotional, social and physical aspects of growing up, it will give young people the information, skills and positive values to have safe, fulfilling relationships and will help them take responsibility for their own well-being.

How will this be delivered?

As with all other subjects, the sessions will be age-appropriate and meet the needs of all pupils in the class. Lessons will form part of our established PSHE education programme which is taught from Year 1 upwards and is monitored and reviewed regularly by the staff and Governing Body. All teaching in PSHE will take place in a safe learning environment and be underpinned by our school ethos and values. A variety of opportunities will be provided for pupils to ask questions to further their understanding and to find out more about what affects them personally.

What if I have questions?

A copy of the draft policy for RHE is available to read on the school website. There are also examples of the lesson plans we will be using which are provided as part of the Birmingham Approach to Relationships and Health Education. As a school community, we are committed to working with parents. If you would like to find out more, make any comments or provide feedback on any of the RHE elements on the website, please contact the PSHE Co-ordinator, Mrs Elwell, via enquiry@coppice.bham.sch.uk.

Yours sincerely

Mr Green