



15th September 2023

Dear Parents/Carers

PSHEe and RSE

As a part of your child's education, Riverside Bridge School has an obligation to promote personal well-being and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

Riverside Bridge School is fully complying with the DfE recommendations for all primary and secondary schools to have a Relationships and Sex Education (RSE) programme, tailored to the age and the physical and emotional maturity of the pupils, as part of their PSHEe provision.

Lessons will include pupils learning about: healthy relationships, including friendships and families; growing and changing, including puberty; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence.

PSHEe and RSE is taught throughout the school in each pathway group at a level appropriate to each child's ability and needs. All teaching takes place in a safe learning environment and is underpinned by our school ethos and values. The content, implementation and assessment of PSHEe and RSE is monitored and reviewed regularly by the Senior Leadership Team and the Governing Body.

Under the new legislation brought in through the Children and Social Work Act 2017 in relation to parental rights to withdraw children from RSE, parents/carers will not be able to withdraw their child from statutory Relationships and Sex Education in primary and secondary level school.

For primary age pupils, parents/carers will be only able to withdraw their child from primary school level RSE lessons that sit outside statutory content. The school will inform parents/carers of this right by writing to parents/carers via letter if non-statutory content is being delivered.

For secondary age pupils, parents/carers have the right to withdraw their child from Sex Education within the topic entitled Intimate Sexual Relationships including Sexual Health. However, parents do not have the right to withdraw their child from any of the Sex Education content that sits in the National Curriculum as part of statutory science or from any of the statutory Health or Relationships Education. The school will inform parents/carers of this right by writing to parents/carers via letter before non-statutory content is being delivered.

Headteacher: Mrs K. Cerri

📍 Thames Road Site, 40 Thames Road, Barking, Essex IG11 0HZ

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Statutory Content

Relationships and Sex Education

- for pupils aged 5-11 years old
 - Families and people who care for me
 - Caring Friendships
 - Respectful Relationships
 - Online Relationships
 - Being Safe
- for pupils aged 11-16 years old
 - Families
 - Respectful Relationships, including Friendships
 - Online and Media
 - Being Safe
 - Intimate and Sexual Relationships, including Sexual Health

Science Curriculum which contributes to Sex Education within RSE

- for pupils aged 5-7 years old
 - Identifying, naming, drawing and labelling the basic parts of the human body and saying which part of the body is associated with each sense.
 - Noticing that animals, including humans, have offspring which grow into adults.
 - Describing the importance for humans of exercise, eating the right amounts of different types of food, and hygiene.
- for pupils aged 7-11 years
 - Describing the life process of reproduction in some plants and animals.
 - Describing the changes as humans develop to old age.
 - Recognising that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents.
 - Recognising the impact of diet, exercise, drugs and lifestyle on the way their bodies function.
- for pupils aged 11-14 years old
 - Reproduction: reproduction in humans (as an example of a mammal), including the structure and function of the male and female reproductive systems, menstrual cycle (without details of hormones), gametes, fertilisation, gestation and birth, to include the effect of maternal lifestyle on the foetus through the placenta.
- for pupils aged 14-16 years old
 - Health, disease and the development of medicines: the relationship between health and disease; communicable diseases including sexually transmitted infections in humans (including HIV/AIDs); non-communicable diseases; the impact of lifestyle factors on the incidence of non-communicable diseases.
 - Coordination and control: principles of hormonal coordination and control in humans, hormones in human reproduction, hormonal and non-hormonal methods of contraception; evolution, inheritance and variation; sex determination in humans.

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Health Education

- for pupils aged 5-16 years old
 - Mental Well- Being
 - Internet Safety and Harms
 - Physical Health and Fitness
 - Healthy Eating
 - Drug, Alcohol and Tobacco
 - Health and Prevention
 - Basic First Aid
 - The Changing Adolescent Body (Puberty)

For more details, please visit the DfE website:

<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education>

Riverside Bridge School RSE Curriculum

Seeds & Roots Pathways

Identifies personal characteristics

- Knows personal information.
- Identifies physical characteristics.

Branch Pathway

Identifies personal characteristics,

- Identifies body parts and function.
- Identifies interests.

Recognises and accepts differences between people

- Recognises similarities and differences between self and others.
- Shows respect for others.

Distinguishes between 'public' and 'private'

- Identifies 'public' and 'private' places in context.
- Identifies 'private' body parts.

Understands different types of relationships

Identifies relationship of self to others.

- Identifies characteristics of friendships.

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Keeps safe within relationships

- Identifies appropriate/ inappropriate touch.

Leaf and Accreditation Pathways

Identifies personal characteristics

- Recognises strengths.

Recognises and accepts differences between people

- Accepts that there are a variety of different types of person.

Understands and accepts changes that occur at puberty

- Identifies changes that occur at puberty.
- Accepts that changes will occur to themselves.
- Manages own self-care in relation to changes at puberty.

Understands personal space

- Maintains social distance appropriate to situation.

Distinguishes between 'public' and 'private'

- Identifies situations that require privacy.
- Carries out 'private' behaviour in an appropriate place.
- Differentiates between 'public' and 'private' conversational topics.
- Allows others to have privacy.
- Identifies 'private' situations that may be unsafe.
- Identifies which type of personal information is appropriate to share in particular situation

Understands different types of relationships

- Identifies characteristics of 'girlfriend'/ 'boyfriend' relationships.
- Understands and accepts that people may choose different types of relationships.

Uses behaviour appropriate to relationship

- Uses behaviour appropriate to relationship.
- Identifies behaviour that is ok/ not ok in particular contexts/ relationships.

Understands laws relating to consent in relationships

- Understands that romantic/ sexual relationships are a two way partnership that require both parties to agree to them.
- Understands that some behaviours within relationships require consent from both parties.
- Understands laws relating to consent in relationships.
- Understands that reaching a certain age does not dictate expected behaviour.

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Keeps safe within relationships

- Communicates 'No' assertively when uncomfortable within a situation.
- Identifies characteristics of 'healthy' and 'unhealthy' relationships.
- Knows that keeping secrets might not always be the right thing to do.
- Knows to seek advice and support about any aspect of relationships they are unsure or unhappy about.

Knows where to seek advice or help

- Identifies situations where they require advice or help.
- Identifies trusted person to go to for advice and support.
- Knows where to seek advice and support concerning sexual health.

Any parent/carer wishing to withdraw their child from the non-statutory Sex Education lessons should contact in writing the school and complete a "Request for Withdrawal from Sex Education Lessons". The School will then arrange a meeting to discuss the concerns of parents/carers.

RSE is a vital part of the school curriculum and supports child development. So, we strongly urge parents/carers to carefully consider their decision before withdrawing their child from this aspect of school life. However, it is acknowledged that the final decision on the issue is for the parent to take.

If you would like to find out more details about our PSHE and RSE curriculum, please visit the school's website: http://www.riversidecampus.com/bridge/?page_id=8259

Kindest Regards

Mrs K Cerri
Headteacher

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Request for Withdrawal from Non-Statutory Sex Education Lessons

Pupil's Details

Surname	<input type="text"/>	First Name	<input type="text"/>
Date of Birth	<input type="text"/>	Gender	Male <input type="checkbox"/> Female <input type="checkbox"/>
Pathway	<input type="text"/>	Class	<input type="text"/>

Reasons for withdrawing your child from non-statutory Sex Education within RSE

Any other information you would like the school to consider.

Parents/Carers' Signature	<input type="text"/>	Date	<input type="text"/>
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Agreed actions from meeting with parents/carers (to be completed by the school)

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