

Thursday 29th May 2025.

Dear parents and carers,

Relationships, Sex and Health Education (RSHE) requirements

As a part of your child's education at The Valley, we promote personal wellbeing and development through our comprehensive, balanced, and diverse curriculum.

Our PSHE (Personal, Social, Health and Economic education) scheme of work is taught throughout the school in every class and is monitored and reviewed by staff. All teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Relationships, sex and health education (RSHE) is a statutory element of our PSHE curriculum and primary schools in England are required to teach RHE (relationships and health education).

As part of our teaching in the upcoming Summer Term, we will include topics such as:

Class 1 – Naming body parts, making choices about sleep and exercise; making healthy choices about food and drink; how to keep the body clean; identifying what is safe to eat and drink and how to keep the mind and body healthy and safe.

Class 2 – Naming body parts; understanding how to keep the body healthy; the importance of sleep; personal hygiene, taking medicine safely and keeping safe around drugs; knowing how to make better choices and choosing healthy habits.

Class 3 - Naming body parts; understanding it is their body and they control what happens to it; exercise and sleep importance; taking care of the body; harmful effects of using drugs, including alcohol and tobacco; positive body images and making choices in order to look after physical and mental health.

Although parents have the option to withdraw their child from elements of this education which are taught as part of the PSHE curriculum, we want to assure that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms.

A carefully planned curriculum can help to support our pupils to stay safe. An un-informed child may be left more vulnerable and we want to empower our pupils here at The Valley.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

The Valley Primary School

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If you have any queries about the content of the programme or resources used or wish to discuss withdrawing your child from this element of these lessons, please do not hesitate in speaking with your child's class teacher.

Thank you for your continued support,

Mrs C Bould.
PSE Lead.

