



# St Paul's Church of England Academy

A part of the Diocese of Chichester Academy Trust



December 2020

Dear Parent/Guardian

The Department of Education has issued new guidance on the requirement and standard of Relationships Sex and Health Education (RSHE) in primary school.

Please look through '**Helping your child to stay safe and thrive in the modern world**' PowerPoint which will focus on the new elements of RSHE and talk you through the main changes. This will be available to view from next week and will stay online for two weeks.

St Paul's prides itself on delivering effective, age-appropriate RSHE that meets the needs of all our pupils within an inclusive and supportive learning environment using non-biased resources. RSHE will be taught by our experienced and skilled teaching staff who are committed to preparing your child to live and learn safely in the modern world. Your child will develop their knowledge, skills and values to make positive, healthy and safe choices, negotiating their transition into increasing independence.

RSHE will be delivered as a spiral curriculum this enables pupils to build on their prior learning by revisiting some themes to further develop their knowledge, values and skills in an age, and stage-appropriate manner. Therefore, some themes are repeated to enable a deeper exploration of the related issues. We will be continuing to follow our Jigsaw scheme, and alongside this, every term, we will be using the RSHE plans from Educator Solutions. This will enable our pupils to build on their knowledge throughout the school year. Please look at the documents on our academy website to see what the pupils will be learning and the themes they will follow.

We would like to take this opportunity to reassure you that none of the teaching materials or strategies should shock pupils. All lessons will be taught in a strictly non-judgemental and non-biased manner to allow your child the opportunity to consider the information and develop their own values, attitudes and opinions about the topic. We would encourage you to discuss your child's relationships and sex education with them at home. This is an opportunity for you to share your family values in relation to the topics, building strong channels of communication about emotions, the human body and relationships with your child.

Please feel free to contact the academy, if you would like to discuss our programme for RSHE.

Yours sincerely

Miss L. Wilson

RSHE Subject Leader

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## Top Tips for Talking to your Child

Talking to your child about their bodies, relationships, puberty and sex is important; building good channels of communication throughout childhood can help your child to communicate with you as future issues of increasing importance arise and may help to reduce risk taking behaviours as they approach adulthood.

Your child needs to know that it's OK to talk, and that you're happy to talk about it. They'll learn this through your body language, tone and manner when you talk, so try to behave as though you would in any other normal, everyday topic of conversation.

Simple strategies to make talking about bodies, relationships, puberty and sex more comfortable:

- ✓ Start off by talking about something that you both find more comfortable, such as feelings and emotions.
- ✓ Ask them what they think their friends know/think about the topic, as this provides a way to talk about your child's views indirectly.
- ✓ Avoid 'The Chat'. Talk about these issues little and often, over everyday events like washing up or watching TV. This can help to normalise the conversation, and ease uncomfortable feelings.
- ✓ Don't leave it too late. Start talking about puberty before you feel your child is approaching it so that you already have strong channels of communication established in readiness.
- ✓ Be prepared to listen. Your child will want to have their voice heard without feeling judged and feeling listened to will encourage them to come to you to talk about issues in the future.
- ✓ If they ask you a question that you are not sure how to answer, that is OK. Suggest that you find out the answer together and then you will both know!
- ✓ Try to listen calmly, even if what they say surprises or concerns you. Try to remember that it is good that they are comfortable to discuss issues with you, and that they need to trust you will not respond negatively.

**Make sure they know that they can talk to you anytime about anything**