



Instil | Understand | Learn | Become

15th March 2024

Dear Parents/Carers,

Teaching of PSHE and RSE during the Summer Term

The schools of The Coastal Together Federation pride themselves on teaching effective, age-appropriate Personal, Social, Health, and Economic Education (PSHE) that meets the needs of all our pupils. We want all our children to grow up healthy, happy, safe and able to manage challenges and opportunities of modern Britain. PSHE is designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

As we approach the summer term, I would like to inform you about the units that will be covered during the Summer Term. All units are age and developmentally appropriate and sensitive to the needs and religious backgrounds of its pupils.

What we will be covering:

<p>Drugs, Alcohol and Tobacco Education (Summer Term 1)</p>	<p><u>What do we put into and onto bodies?</u></p> <ol style="list-style-type: none"> Pupils learn about what can go into bodies and how it can make people feel Pupils learn about what can go on to bodies and how it can make people feel Pupils learn about hygiene (oral health) 	<p><u>Tobacco is a Drug</u></p> <ol style="list-style-type: none"> Pupils learn the definition of a drug and that drugs (including medicines) can be harmful to people Pupils learn about the effects and risks of smoking tobacco and secondhand smoke Pupils learn about the help available for people to remain smoke free or stop smoking 	<p><u>Different Influences</u></p> <ol style="list-style-type: none"> Pupils learn about the risks associated with smoking drugs, including cigarettes, e-cigarettes Pupils learn about different influences on drug use –alcohol, tobacco and nicotine products Pupils learn strategies to resist pressure from others about whether to use drugs –smoking drugs and alcohol
	<p><u>Fun Times</u></p> <ol style="list-style-type: none"> Pupils learn about food that is associated with special times, in different cultures Pupils learn about active playground games from around the world 	<p><u>What helps me choose?</u></p> <ol style="list-style-type: none"> Pupils learn about making healthy choices about food and drinks Pupils learn about how branding can affect what foods people choose to buy Pupils learn about keeping 	<p><u>In an Emergency</u></p> <ol style="list-style-type: none"> Pupils learn about the importance of first aid Pupils learn about what to do when someone is bleeding Pupils learn about
<p>Physical Health and Wellbeing, including First Aid (Summer Term 2 - Health Week)</p>			

	<p>3. Pupils learn about sun-safety</p> <p>4. Pupils learn about emergency services</p>	<p>active and some of the challenges of this</p> <p>4. Pupils learn that medicines can be used to manage and treat medical conditions such as asthma, and that it is important to follow instructions for their use</p>	<p>what to do when someone is choking</p> <p>4. Pupils learn about basic life support</p>
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Relationship and Sex Education (RSE)

RSE is taught during the second half of the summer term by teachers who know your child well. We are committed to preparing your child to live and learn safely in the modern world, negotiating the transition into increasing independence with the development of knowledge, values and skills to make positive, healthy and safe choices.

RSE will deliver a 'spiral' curriculum that enables pupils to build on their prior learning by revisiting some themes to further develop knowledge, values and skills in an age and stage-appropriate manner. As such, some themes are repeated to enable a deeper exploration of the related issues.

I 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.

A copy of the themes covered by year groups and tips for talking with your child accompany this letter. Please take time to familiarise yourself with the things your child will be learning about. In addition to this information our RSE policy is available on the school website.

Your Rights as a Parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued within our curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up. As a parent you have certain rights when it comes to teaching PSHE:

- Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE. However, the science curriculum includes content on human development, including reproduction, which there is no right to withdraw from.
- Parents cannot withdraw their child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe.

We encourage open communication between parents and the school. If you have any concerns or would like to discuss our programme on an individual basis, please feel free to contact us.

Sincerely,

Sophie Bugg

Interim Head of Schools MIJS