

Thursday 21 February 2023

Dear Parents and Carers,

We know the children we teach are unique and amazing and you, their parents, know them best of all.

We also know that the world is changing and is a very different place now than the one we grew up in, so protecting our children with age-appropriate information about risk, and preparing them for adulthood, is vital.

This is why *Relationships, Health & Sex Education* have become statutory (compulsory) subjects in *all* schools, and the new Government guidance is clear that information must be accessible for all students, including those with special education needs and/ disabilities, (SEND). This means that staff, parents and their children, all need to work together to keep children safe. Relationships, Health & Sex Education is an 'umbrella term' used to describe a whole host of topics, not just reproduction; some things are vital for even a four-year-old to be aware of - good and bad touches, for example.

We need to put in place for our young people the building blocks needed for positive and safe relationships of all kinds. Essentially, each year in Personal & Social Development (PSD) lessons, we will visit/ revisit:

**My Relationships:** family and friends, how to treat each other with kindness, and recognise the difference between online and offline friendships; the importance of boundaries within friendships and personal relationships, including online and through technologies such as mobile phones and games

**My Body:** personal care and hygiene, the correct terms to use; as well as looking after our bodies, and puberty

**Growing up:** the emotional and physical changes, coping strategies for different emotions; self-esteem, confidence, communication skills and consent

**Keeping safe and Looking After Myself:** risky and safe behaviours and consequences, expected and unexpected behaviours; the myths between media and real-world representations

**Getting Help and Advice; Safeguarding:** who to go to, and when and how to access help and advice.

Age-appropriateness is the key. We use the words, resources and approaches that are most effective when addressing the issues relevant to your child's age as s/he grows and matures. You can help us to provide the best learning experiences possible for your child by working with us.

If you would like to find out more or would like to contribute to our on-going work on *Relationships, Health & Sex Education* (RHSE), please let us know. To register your interest, please call Stormont House School: 0208 985 4245 so we can arrange a meeting.

Yours sincerely,

Angela McKell  
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