



PARKSIDE MIDDLE SCHOOL

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Headteacher
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Dear Parents/Carers,

Following national guidelines for Personal Social Health and Economic Education (PSHE) we will be starting the unit: Relationships and Sex Education (RSE) upon return to school after the Easter Holidays, week commencing 25th April. Relationship, Sex and Health Education (RSHE) is part of a lifelong learning about physical, moral and emotional development. Our RSHE policy and teaching follows the statutory guidance for Relationships and Sex Education from the Department for Education. All content is taught in an age-appropriate manner, with a strong focus on building strong relationships, and making balanced, well-informed decisions that prioritise their own safety and wellbeing.

At Parkside, RSHE is centred on personal safety, caring for others and building strong relationships. This is coupled with teaching students about the human body and its changes during puberty, including information about reproduction, control of fertility and sexual health, sexuality and sexual relationships. We intend to teach pupils to respect themselves and others, enabling them to move with confidence through childhood and the beginning stages of adolescence, empowering them with the knowledge and confidence to prepare them for their journey to adulthood.

The main themes that will be covered are available on the website under the PSHE curriculum, but they are also outlined below:

- Year 5** Intensity of feelings; complex feelings. Bodies, safety and abuse.
Managing change such as puberty, the physical and emotional changes.
Health and hygiene.
LGBT and difference in families.
Human reproduction, babies.
- Year 6** Looking after ourselves and basic changes during puberty. Introduction to menstruation.
How are babies made? Human reproduction.
Rights to protect our bodies, keeping safe and speaking out.
Acceptable and unacceptable physical touch; personal boundaries and right to privacy.
- Year 7** Consolidate and further key learning of puberty from KS2.
Physical and emotional changes including self-examination, in regard to health, and the issues of unwanted contact and consent.
Peer on peer abuse: recognising behaviours that are not acceptable.
Gender and stereotypes, including LGBT community.
Self-esteem, romance and friendships.
- Year 8** Introduction to sexuality and consent.
Introduction to contraception including condom and the pill.
Informed choices; the law in relation to consent.
Teenage pressures.
Peer on peer abuse: recognising behaviours that are not acceptable.
Stereotyping, gender and sexuality.



As a school we establish and maintain an environment where children feel secure, are listened to and encouraged to talk.

Parkside Middle School is committed to safeguarding and the PREVENT strategy and promoting the welfare of children and young people. We expect all staff and volunteers to share this commitment. Pupils learn to accept and uphold our fundamental British values.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

Should you have any questions or queries regarding the subject or resources used, please feel free to contact the school.

Yours sincerely,

Mrs J Terrey
Deputy Headteacher