

# Health Education Parent & Carer Information Pack

Spring Term 2025

# Relationships & Health Education Statutory Guidance

- The finalised government DfE (Department for Education) statutory guidance on Relationships and Health Education was published in July 2019
- Due to the Covid-19 pandemic the government delayed the date for the implementation of this statutory guidance to the summer term 2021
- The primary phase statutory guidance document outlines the content for each subject under broad headings, please follow this link for more details <https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>
- The decision of how and when the statutory topics should be taught was allocated to individual schools but the content was made compulsory for all primary schools
- Therefore, the statutory changes to Relationships and Health Education were planned into our scheme of work at an age-appropriate level
- The content of the requirements has been taught to all those receiving primary education in state funded schools since the start of the summer of 2021

# Sex Education

- The revised requirements state that Sex Education does not have to be taught at primary level (beyond what must be taught in the National Curriculum science programme of study). Primary schools may choose to teach sex education that goes beyond the existing, statutory National Curriculum 2014 programme of study for science. At our school we have chosen not to teach any sex education in addition to that already being taught in the curriculum for science, but parents and carers should be aware that this aspect of science teaching content is statutory and is taught in the summer term in Y5. Please see the table below for details of the compulsory science curriculum (Science Programmes of Study, National Curriculum 2014) and the curriculum overviews on the school website also provide more information if required.

<b>Year 5 Summer 1</b>	<b>Living things &amp; their habitats</b>
	Describe the life process of reproduction in some plants and animals.
<b>Year 5 Summer 2</b>	<b>Animals, including humans</b>
	Describe the changes as humans develop to old age.

# Health Education & Puberty

- At our school we have always provided annual puberty talks in Y5 and 6 ~ the difference is that in the past these sessions were optional, therefore parents and carers could withdraw their children if they so wished but this is no longer possible
- The topic: 'Changing Adolescent Body' is now part of the statutory DfE Health Education guidance and therefore no longer an optional part of the curriculum
- From April 2021 parents and carers cannot withdraw from any aspect of Health or Relationships Education teaching under the revised statutory guidance
- Consequently, annual puberty talks have taken place in Y5 and 6 for every child from September 2021 in the spring term annually

**The following policies have been reviewed and approved by the Governing Board in response to the statutory guidance and are reviewed annually:**

- The PSHE (Personal, Social, Health and Economic) Education Policy
- The Relationships Education Policy

# Health Education External Partners

In connection with the expectations of the statutory guidance, the following sessions are delivered by external partners to support the school to fulfil our legal obligations:

- **Y5 & 6 Puberty Talks** - a Health Development Worker will deliver annual, age-appropriate educational puberty talks in Y5 and 6
- **Additional support from external agencies - Crucial Crew, Fire Brigade (Heart Start), St John's Ambulance, Dental Hygiene Nurse etc.**

The details of the content of these sessions is attached as part of this information pack.

# PSHE Education & Relationships Education Teaching Framework

7

The strands of the framework for the programme of study for PSHE and Relationships Education are progressive and age appropriate, they are as follows:

Autumn		Spring		Summer	
<b>Living in the Wider World</b>		<b>Health Education</b>		<b>Relationships Education</b>	
Y1-6	Belonging to a Community	Y1, 3 & 5	Physical Health & Fitness & Healthy Eating	Y1, 3 & 5	Online Relationships
	Economic Education		Health & Prevention		Caring Friendships
	Environment	Y2, 4 & 6	Mental Wellbeing	Y2, 4 & 6	Families & People Who Care For Me
			Internet Safety & Harms		Being Safe
		Y5 & 6	Drugs, Alcohol & Tobacco	Y1-6	Respectful Relationships
			Changing Adolescent Body		
		Y5	Basic First Aid		
		Y1-4	Growing & Changing		

The PSHE and Relationships Education Overview provides further detail of what is taught by external partners and teachers by year group and is available on the school website as an appendix to the PSHE Education and Relationships Education policies.

# Governing Board Responsibilities

Finally, the statutory guidance also details the duty of the Governing Board, to make sure that the board has approved these policies. Governors are also expected to ensure that:

- ▶ The Governor approved school policies for PSHE Education and Relationships Education are available on the school website and are reviewed regularly (annually)
- ▶ Clear information has been provided for parents and carers, with regards to the agreed programme of study for PSHE and Relationships Education via the website
- ▶ Learners are not permitted to be withdrawn from PSHE Education and Relationships Education lessons
- ▶ PSHE Education and Relationships Education, as taught at our school, fulfils its legal, statutory obligations

# Governing Board Responsibilities (continued)

- ▶ Health Education is adequately resourced, well-led and effectively managed, providing high-quality, carefully planned lessons from teachers or approved partners who keep abreast of the latest developments in pedagogy and technology to support the subject
- ▶ Health Education is delivered in a way that is accessible for all learners with SEND or those learning English as a new language or at the early stages of language acquisition so that all learners can make progress in achieving expected educational outcomes
- ▶ Health Education is delivered by teachers or external partners with a sound knowledge and awareness of the relevant provisions of the Equality Act 2010

**The Governing Board at Brandwood Community School is committed to fulfilling their duties and are fully supportive of the approach of the school with regards to PSHE Education and Relationships Education and has been involved at each stage of development. If any parent or carer would like to discuss any of the information provided in more detail they can contact the school on 01204 333444.**