



## FITTLEWORTH CHURCH OF ENGLAND VILLAGE SCHOOL

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### PSHE and RSE curriculum this term: RSE - Being Safe – Body Privacy and Body Safety

Dear Parent /Carer,

We believe that promoting the health and wellbeing of our pupils is an important part of their overall education. We do this through our personal, social, health and emotional (PSHE) curriculum. In order to deliver a well-planned and age - appropriate curriculum, we follow the E4S (Education 4 Safeguarding) scheme of learning provided for us by West Sussex. E4S covers four main cornerstones of learning; Physical Health and Wellbeing, Emotional Health and Wellbeing, Digital and Media Literacy and RSE (Relationships and Sex Education). The aim of our PSHE curriculum is to help pupils make safe and informed decisions during their school years and beyond.

This term, throughout the school in every year group, we are teaching an RSE unit called 'Being Safe'. RSE is the statutory element of our PSHE curriculum and all schools in England are required to teach. The themes covered in this unit for **Key Stage One** include: *body privacy and saying yes/no, worries and asking for help*. In **Key Stage Two**, the themes include: *body privacy, body safety, early warning signs, saying yes/no, secrets and physical contact & appropriate touch*. During these lessons, pupils will be able to ask questions, which will be answered factually in an age-appropriate manner. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

We want to assure parents that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive factual information, rather than hearing content second hand or via online platforms. In the 21<sup>st</sup> century pupils are exposed to so many of the incorrect messages about their bodies, relationships and expectations. The prevalence of sexual images in social and other media make it important that all young people have a place to discuss pressures, check facts, dispel myths and ultimately feel safe.

PSHE and RSE is a carefully planned curriculum and is there to ensure our pupils can navigate the world around them safely. An un-informed child is often a child left vulnerable and we want to empower our pupils here at Fittleworth School.

Parents and carers are the most important educators of children and young people in personal issues and many welcome the support that school can offer to supplement their home teaching. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school. If you have any queries about the content of the programme or resources used, please do not hesitate in contacting me at school.

Best wishes  
Mrs Westbrook  
PSHE and RSE Lead