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### Relationships and Sex Education at Glenfield

Dear Parents,

We have made changes to our Relationships and Sex Education curriculum within Glenfield Infant School. This is due to government changes and new curriculum guidance. We have outlined a new policy with regards to what will be taught within our school.

Most of our Relationships and Sex Education will be taught through RE, Science and PSHE. We aim to provide lessons which will be taught at a level that support the children and their personal developments. During relationship education, children will be taught, in an age-appropriate way, about the characteristics and values of healthy relationships, including areas such as differences, boundaries, respect, trust and kindness. Teaching will focus on both face-to-face and online relationships, recognising the significance of the digital world we now embrace. Teachers will also take all opportunities to discuss positive emotional and mental well-being with children. The characteristics that will be taught are also reflected in the school values of

- Respect
- Kindness

Learning will be planned to meet the objectives set out in the Relationships Education, Sex Education and Health Education Statutory Guidance 2020 under the broad headings of

- Families and people who care for me
- Caring friendships
- Respectful relationships
- Online relationships
- Being safe

During science at Glenfield Infant School the children will be exposed to various body parts, learning which body parts link to various senses. Children will also be exposed to the importance of exercise and nutrition for humans. They should also be introduced to the processes of reproduction and growth in animals. This is the extent of 'Sex Education' at an infant school level.

Health and wellbeing education will focus on the characteristics of good physical health and mental wellbeing. It will include aspects such as the importance of exercise, good nutrition and the normal range of emotions we experience. Pupils will be taught about how to be safe online and the positive, two-way relationship between good physical health and good mental wellbeing, including mindfulness and how important it is to discuss our emotions and how we are feeling.

All staff have been briefed and understand that some children will have questions; all questions asked will be addressed and answered appropriately and children will be kept within a safe environment whilst doing so. If you have any further questions, please feel free to contact the school and these will be answered.

Miss Kent  
PSHE lead, Year 1 teacher