

## Useful Links

### NSPCC

<https://www.nspcc.org.uk/>

### Online Safety

<https://www.thinkuknow.co.uk>

### Mental Health

<https://youngminds.org.uk>

Please have a look through the websites to find activities suitable for the age of your child.

## Right to withdraw

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory RSE (other than sex education in the National Curriculum as part of science), as currently, but not from relationships or health education. If a parent wishes to withdraw their child they must request this in writing, addressed to the head teacher.

## At Home

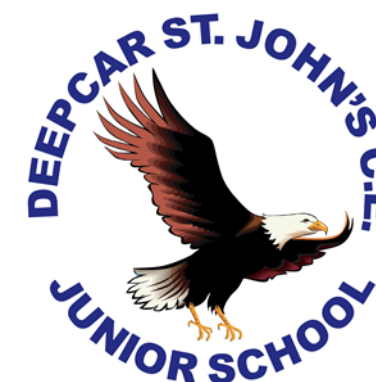
Here are a few opportunities exploring RSHE at home:

- Create a feelings diary
- Explore how to be mindful
- Complete random acts of kindness
- Set a goal you can achieve in a short amount of time (walk, jog or run a mile)
- Complete a family tree

## Contact

If you have any questions regarding the teaching of RSHE, please do not hesitate to speak to your child's class teacher or contact:

**Mrs J Needham– RSHE  
Co-ordinator**



## Relationship Sex and Health Education (RSHE)

## An Information Booklet for Parents and Carers



"Teach a child in the way he should go, and when he is old he will not turn from it." Proverbs 22:6



Deepcar St. John's  
C of E Junior School  
where the individual matters

## Relationship, Sex and Health

### Education (RSHE)

The teaching and learning of Relationship Sex and Health Education (RSHE) at Deepcar St John's is through specific lessons throughout lower and upper key Stage 2.

We follow the Sheffield Primary RSHE curriculum.

At Deepcar St Johns, we believe RSHE plays a key part in providing children and young people with the knowledge that enables them to make informed decisions about their wellbeing, health and relationships and to build their self-efficacy. Everyone faces difficult situations in their lives.

These subjects can support young people to develop resilience, to know how and when to ask for help, and to know where to access support. Ultimately, we are helping our young people to be happy, healthy and safe now and in the future.

## Lower Key Stage 2

In Y3 and 4 the themes are:

What makes a family?

Keeping friendships healthy

Our communities

Online Safety

Understanding my feelings

Staying healthy

Staff deliver the subjects in a way that is age and developmentally appropriate and sensitive to the needs and religious backgrounds of its pupils and builds from previous learning from

Key Stage 1.

## Upper Key Stage 2

In Y5 and 6 the themes are:

What makes a family?

Keeping friendships healthy

Our Communities

Online Safety

Understanding my feelings

Staying healthy

Growing up

Subjects are again delivered sensitively to the needs and religious background of its pupils. Revisiting and building from previous learning in

Key Stage 2