



WEST BOROUGH
PRIMARY SCHOOL

Relationships and Health Education (RHE) for Parents and Carers

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Aims of the session

- Share statutory requirements
- Introduce Jigsaw and termly overviews
- FAQs

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RSE/RHE

- Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline.
- This presents many positive and exciting opportunities, but also challenges and risks.
- In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

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Statutory requirements

- More structured approach in teaching RHE to prepare children in an age appropriate way. Some of the learning that has been traditionally left until year 6 will form the year 4 and 5 curriculum.
- You can find the Government document [here](#)
- Statutory requirements come into effect in April 2021.

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Jigsaw RHE Scheme

- Programme that follows statutory requirements and is updated.
- Whole school systematic approach from Nursery to Y6, this includes assembly themes.
- Jigsaw follows a mindful approach.
- Supports and protects the wellbeing of children and staff.

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Jigsaw Termly Themes

Term 1. BM- Being me in my world

Term 2. CD- Celebrating difference
(including anti-bullying)

Term 3. DG- Dreams and goals

Term 4. HM- Healthy me

Term 5. RL- Relationships

Term 6. CM- Changing me (including sex
education)

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Medium term plans

- See email attachment called RHE topic overview for what is taught when.

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Frequently Asked Questions

- You are now invited to email the school office if you have any questions. A list of frequently asked questions (FAQs) will be created and then shared with all families.
- Please title all emails RHE.

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