

**Upper School**  
Church Road  
Stamford Bridge YO41  
1BP  
Tel: 01759 371430



**Lower School**  
Godwinsway  
Stamford Bridge  
YO41 1RA  
Tel: 01759 371430

[office@stamfordbridgeschool.co.uk](mailto:office@stamfordbridgeschool.co.uk)  
[www.stamfordbridgeschool.co.uk](http://www.stamfordbridgeschool.co.uk)

Dear Parents and Carers,

Please read below Stamford Bridge Primary School's Relationship and Sex Education update.

### **Our Aims**

The aims of Relationships and Sex Education (RSE) at Stamford Bridge Primary School are to:

- Provide a framework in which sensitive discussions can take place;
- Prepare pupils for puberty, and give them an understanding of sexual development and the importance of health and hygiene;
- Teach pupils the correct vocabulary to describe themselves and their bodies;
- Help pupils develop feelings of self-respect, confidence and empathy;
- Create a positive culture around issues of sexuality and relationships, including the importance of family for the care and support of children;
- Help children to understand the consequences of their actions and behave responsibly within relationships;
- Be able to recognise unsafe situations, protect themselves and ask for help and support.

Stamford Bridge Primary School considers that (RSE) is an integral part of the Personal, Social, Health and Economic (PSHE) Education curriculum. We aim to offer pupils a carefully planned programme on human development, relationships, sexuality and family life within a safe, comfortable atmosphere and in a relaxed relationship between teacher and pupil. These aims complement those of the Science curriculum in KS1 and KS2.



Upper School  
Church Road  
Stamford Bridge YO41  
1BP  
Tel: 01759 371430



Lower School  
Godwinsway  
Stamford Bridge  
YO41 1RA  
Tel: 01759 371430

[office@stamfordbridgeschool.co.uk](mailto:office@stamfordbridgeschool.co.uk)  
[www.stamfordbridgeschool.co.uk](http://www.stamfordbridgeschool.co.uk)

RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, consent, healthy lifestyles, diversity and personal identity. RSE involves a combination of sharing information and exploring issues and values. RSE is not about the promotion of sexual activity.

As a primary school, we must provide relationships education to all pupils as per section 34 of the Children and Social work act 2017.

We are not required to provide sex education, however, we do need to teach the elements of sex education contained in the statutory science curriculum.

In teaching RSE, we must have regard to guidance issued by the secretary of state as outlined in section 403 of the Education Act 1996.

At Stamford Bridge Primary School, we teach RSE as set out in this policy. Should you like to see the guidance from the government please visit:  
<https://www.gov.uk/government/publications/relationships-education-relationships-and-sex-education-rse-and-health-education/relationships-education-primary>

### **The importance of Relationships Education at Stamford Bridge**

We believe that the teaching of relationships (and sex education within RSE) is important to provide children with a wealth of knowledge about healthy and happy relationships with themselves and others. We want children to be able to acknowledge, understand and communicate their own developments and feelings, using the correct vocabulary, while feeling positive and confident when doing so. It is important that children understand their own boundaries and recognise the boundaries of others; identify the differences between appropriate and inappropriate or unsafe contact; reach out for support and help when needed.



**Upper School**  
Church Road  
Stamford Bridge YO41  
1BP  
Tel: 01759 371430



**Lower School**  
Godwinsway  
Stamford Bridge  
YO41 1RA  
Tel: 01759 371430

[office@stamfordbridgeschool.co.uk](mailto:office@stamfordbridgeschool.co.uk)  
[www.stamfordbridgeschool.co.uk](http://www.stamfordbridgeschool.co.uk)

## Delivery of RSE

Our RSE is embedded within our PSHE and wider curriculum. At Stamford Bridge Primary School, we offer pupils a carefully planned programme using the 1 Decision scheme to teach PSHE and RSE.

From September 2020, Health Education and Relationships Education became statutory in all schools across the UK. Following this decision by the DfE, the 1decision team created a mapping document to support schools. This document looks at how the 1decision resources are mapped against the new statutory framework (see link below).

<https://schools.1decision.co.uk/images/How-It-Works/1decision-mapping-document-rse-he-updated-2020-Version4.pdf>

1decision provides 17 modules, which are recommended for the teaching of PSHE and RSE for students in years 1-6. The core of the programme is a series of documentaries and videos with alternative endings, which enable children to explore various topics in a safe, educational environment. The 1decision videos feature within their collection of over 70 on-screen lesson guides.

All of the RSE objectives are statutory. National Curriculum Science is also statutory.

This includes:

### Key Stage 1

- Identify name draw and label the basic parts of the body and say which part of the body is associated with each of the senses;
- Animals, including humans, have offspring that grow into adults.



**Upper School**  
Church Road  
Stamford Bridge YO41  
1BP  
Tel: 01759 371430



**Lower School**  
Godwinsway  
Stamford Bridge  
YO41 1RA  
Tel: 01759 371430

[office@stamfordbridgeschool.co.uk](mailto:office@stamfordbridgeschool.co.uk)  
[www.stamfordbridgeschool.co.uk](http://www.stamfordbridgeschool.co.uk)

## Key Stage 2

- Describe the differences in the life cycle of a mammal, an amphibian and insect and a bird
- Describe the life process of reproduction in some plants and animals
- Describe the changes as humans develop to old age
- Recognise the impact of diet exercise drugs and lifestyle on the way their bodies function

The 1decision knowledge organisers (see links below) provide an overview of the information and key vocabulary that will be taught in each unit from Year 1 to Year 6 during PSHE and RSE. These knowledge organisers are introduced to the children at the beginning of each module and are referred to throughout their learning to embed and consolidate key learning.

We encourage parents and carers to view the knowledge organisers so that you are aware of the topics being taught, the key information covered within each module and to view the key vocabulary and phrases used in the lessons - particularly the 'Relationships and 'Growing and Changing' units.

Year 1 – 3 <https://schools.1decision.co.uk/images/How-It-Works/ko-1-3-seperate-years.pdf>

Year 4-6 <https://schools.1decision.co.uk/images/How-It-Works/ko-4-6-seperate-years.pdf>

Upper Key Stage 2 - Year 5 and 6

In years 5 and 6, children will learn about puberty. Across this module, the children will the cover the following objectives:



**Upper School**  
Church Road  
Stamford Bridge YO41  
1BP  
Tel: 01759 371430



**Lower School**  
Godwinsway  
Stamford Bridge  
YO41 1RA  
Tel: 01759 371430

[office@stamfordbridgeschool.co.uk](mailto:office@stamfordbridgeschool.co.uk)  
[www.stamfordbridgeschool.co.uk](http://www.stamfordbridgeschool.co.uk)

- explain what puberty means, describe the changes that boys and girls may go through during puberty;
- identify why our bodies' go through puberty;
- explain what will happen to their bodies during puberty;
- develop coping strategies to help with the different stages of puberty;
- identify who and what can help us during puberty.

### **Sex Education**

Sex education is not compulsory in primary schools. The Department for Education continues to recommend "...that all primary schools should have a sex education programme...it should ensure that both boys and girls are prepared for the changes of adolescence brings and how a baby is conceived and born."

Using the 1descison programme, year 6 children will be cover the following key objectives:

- explain the terms of 'conception' and 'reproduction';
- describe the function of the female and male reproductive systems;
- identify the various ways adults can have a child;
- explain various different stages of pregnancy;
- identify the laws around consent.



**Upper School**  
Church Road  
Stamford Bridge YO41  
1BP  
Tel: 01759 371430



**Lower School**  
Godwinsway  
Stamford Bridge  
YO41 1RA  
Tel: 01759 371430

[office@stamfordbridgeschool.co.uk](mailto:office@stamfordbridgeschool.co.uk)  
[www.stamfordbridgeschool.co.uk](http://www.stamfordbridgeschool.co.uk)

Parents/carers have a legal right to excuse their child(ren) from sex education within RSE (but not within National curriculum science and not from Relationships Education at primary).

If you wish to view the videos and resources that will be used during these lessons or have any concerns about the RSE provision, please get in contact with the class teacher who will take time to address any concerns or share the resources with you.

If you are interested in having an opinion on this subject, please contact the office for the opportunity to form a parent and carer focus group on Relationship and Sex Education at Stamford Bridge Primary School.

Many thanks,

Ailith Greening (PSHE and RSE Lead)

