

Tuesday 20th May 2025

Year 1,2 and 3 Relationships and Health Education

As a part of your child's educational experience at Forest Lodge Academy, we aim to promote personal wellbeing and development through a comprehensive taught programme of Relationship, Social and Health Education (RSHE) that gives children and young people the knowledge, understanding, attitudes and practical skills to live healthy, safe, productive and fulfilled lives, both now and in the future.

In 2021, the Department for Education made changes to Relationship, Health and Sex Education. Relationship and Health Education is now statutory in Primary Schools. The guidance (available on our school web site) focuses on healthy relationships and keeping children safe in the modern world. It also covers a wide range of topics relating to physical and mental health, wellbeing, safeguarding and healthy relationships. We also teach pupils about Protected Characteristics which can also be found on our web site. Learning about the emotional, social and physical aspects of growing up will give children and young people the information, skills and positive values to have safe, fulfilling relationships and help them take responsibility for their own well-being.

After previous parent consultation, we have made progression documents highlighting the statutory Science, Relationship, Health Education and Safeguarding lessons that will be taught in each year group all of which are available on our web site. We can be sure our provision is appropriate for our pupils based on their age, physical and emotional maturity, religious and cultural backgrounds, special educational needs and disabilities.

During these lessons will be using biologically accurate language to describe physical changes as recommended by the NSPCC and Jigsaw programme and we have worked with a large group of schools across Leicester West to ensure this is appropriate for our pupils at each stage of their education. If you have any concerns about this please contact your child's class teacher in the first instance and they will refer you to Mrs Moore (RSHE Lead) who will be happy to discuss this with you.

Yours sincerely,

Mrs Claire Caldwell

Headteacher



Forest Lodge Academy is part of the L.E.A.D. Academy Trust.

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