

Tuesday 20th May 2025

Year 4 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 and as a result Relationship and Health Education is now statutory. 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, and information about this is also 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.

We consulted with parents about these changes and responded to their feedback. As such we have made progression documents highlighting the statutory Science, Relationship, Health Education and Safeguarding lessons that will be taught in each year group 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

We will be teaching about the outside bodily changes linked to puberty in Year 4 as well as a simple explanation of what periods are. We will be using biologically accurate language as recommended by the NSPCC and Jigsaw. Some elements of this teaching are now statutory (pupils are not able to be withdrawn from these lessons) and some are not. However we feel it is important that pupils take part in these lessons which have been carefully designed using the renowned 'Jigsaw' programme and following work with a large group of primary schools across Leicester West. We are working on an 'opt out' basis. On the progression documents (found on our school website) you will be able to



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

Registered office 5a The Ropewalk, Nottingham NG1 5DU. Company registration number 08296921.



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A L.E.A.D. Academy

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see what children will be learning and what they can opt out of. **If you would prefer your child not to participate in the non-statutory sessions only, please complete the form below and return it to your child's class teacher.**

If you have any concerns about this or would like to view the documents we use for teaching please contact your child's class teacher in the first instance and they will refer you to Mrs Moore (RSHE Lead).

Thank you for your support.

Yours sincerely,

Mrs Claire Caldwell

Headteacher

I have read the progression documents for Relationship Education, Health Education and Relationship and Sex Education and Science on Forest Lodge Academy's web site. I would prefer my child **not to** participate in the non-statutory lessons they are able to opt out of for this year. I understand they will still need to take part in the statutory lessons.

Name of child: _____ Class: _____

Signed (parent/carer): _____ Date: _____



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