

Understanding Relationships, and Health Education

A Guide for Parents in Primary

At Grey's Education Centre we want all our pupils to grow up healthy, happy, safe, and able to manage the challenges and opportunities of modern Britain. That is why all primary age children will be taught Relationships and Health Education. These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, health and relationships as well as preparing them for a successful adult life.

Relationships Education

Relationships Education will put in place the building blocks needed for positive and safe relationships, including with family, friends and online. Your child will be taught what a relationship is, what friendship is, what family means and who can support them. In an age-appropriate way, Greys Education Centre will cover how to treat each other with kindness, consideration and respect.

By the end of primary school, pupils will have been taught content on:

- families and people who care for me
- caring friendships
- respectful relationships
- online relationships
- being safe

Health Education

Health Education aims to give your child the information they need to make good decisions about their own health and wellbeing, to recognise issues in themselves and others, and to seek support as early as possible when issues arise.

By the end of primary school, pupils will have been taught content on:

- mental wellbeing
- internet safety and harms
- physical health and fitness
- healthy eating
- facts and risks associated with drugs, alcohol and tobacco
- health and prevention
- basic first aid
- changing adolescent body

Your Rights as a Parent

The important lessons you teach your child about healthy relationships, looking after themselves and staying safe, are respected and valued under this new curriculum. Teaching at school will complement and reinforce the lessons you teach your child as they grow up. Greys Education Centre is required to consult with you when developing and renewing their policies on Relationships Education. These policies must be published online and be available to anybody free of charge. You can express your opinion, and this will help Greys decide how and when to cover the content of the statutory guidance. It may also help us decide whether to teach additional non-statutory content. Greys Education Centre is required to ensure our teaching reflects the age and religious background of our pupils.

Right to Withdraw

You cannot withdraw your child from Relationships Education because it is important that all children receive this content, covering topics such as friendships and how to stay safe. We can choose to teach sex education and if you'd like to know more about this, please contact us. If you do not want your child to take part in some or all of the lessons on Sex Education, you can ask that they are withdrawn. At primary level, the head teacher must grant this request. The science curriculum also includes content on human development, including reproduction, which there is no right to withdraw from.