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Dear Parents and Carers



15<sup>th</sup> May 2015

## Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education Programme

As part of the statutory National Curriculum, aspects of relationship and sex education are taught to all pupils. This includes understanding growth, life cycles and reproduction for animals/mammals and naming of body parts. We believe that this biological approach needs to be balanced with an emphasis on relationships, feelings, and values. We are particularly concerned to ensure our children know how to keep themselves safe and healthy and develop confidence and self-esteem to ensure they are not vulnerable or exploited in any way.

This year we are using new materials as part of personal and social health education. We are delivering the Shropshire Respect Yourself: Eat Better, Move More, Relationship and Sex Education programme. This programme has been nationally recognised, is informed by good practice guidance and has received the quality Kitemark from the Personal, Social Health Education Association (PSHE). It includes the transition programme for Year 6, which ensures continuity and age-appropriate progression with the Shropshire secondary programme.

As part of our planning for the delivery of this programme we have ensured that there is consistency with our school's ethos and related polices, such as safeguarding, equalities and bullying.

The programme will be delivered by classroom teachers. There will be opportunities for the children to work in mixed and single gender groups as appropriate and exercises will be adapted to take into account different levels of maturity and ability. We encourage pupils to ask questions, seek further information and complete activities at home. We see this work as a partnership between school and home.

Please come to an informal meeting to discuss the programme, and ask questions. There are a number of resources and books which can be made available or recommended to help you discuss these important issues with your child.

Date: Wednesday 10<sup>th</sup> June Time: 1.30pm









