



THE
GRANGE
ACADEMY

ASPIRE FOR EXCELLENCE

PRIMARY RSHE GUIDE FOR PARENTS/CARERS



2024-25

WELLBEING
AT THE
GRANGE
ACADEMY



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MEMBER OF THE
WADE DEACON TRUST

RELATIONSHIPS, SEX & HEALTH EDUCATION (RSHE)

**SUPPORT
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Today's children and young people are growing up in an increasingly complex world and living their lives seamlessly on and offline. This presents many positive and exciting opportunities, but also challenges and risks. In this environment, children and young people need to know how to be safe and healthy, and how to manage their academic, personal and social lives in a positive way.

Department for Education

Aims:

Our RSHE Curriculum follows statutory guidelines and aims to ensure that all students have the information they need to make positive and informed decisions regarding relationships, sex and their health. This encompasses a wide range of topics and themes that are taught in an age-appropriate way to develop students' understanding of how to keep themselves safe.

AREAS OF STUDY

There are statutory areas that must be covered in both phases. Within these areas, we then look at a range of topics, themes and discussion points to help educate and prepare students.

PRIMARY

Families and people who care for me.
Caring friendships.
Respectful relationships.
Online relationships.
Being Safe.
Mental Wellbeing.
Physical Health.
Internet Safety & Harms.

SECONDARY

Families.
Respectful relationships, including friendships.
Online & Media.
Being safe.
Intimate and sexual relationships, including sexual health.
Mental Wellbeing.
Physical Health.
Internet Safety & Harms.

HOW DO WE DELIVER THE RSHE CURRICULUM?

We deliver our RSHE curriculum in a range of different ways, ensuring that it is embedded in our day-to-day practice and that opportunities are routinely taken to allow students to discuss and ask questions about their health and wellbeing.

PRIMARY

PSHE (SMSC) Lessons:
Students have weekly SMSC lessons that explore content from the RSHE curriculum

MBV Sessions - Picture E-News
Weekly sessions on Modern British Values which also explore themes within the RSHE curriculum

Embedded within lessons:
Opportunities are taken within lessons to link content to the RSHE curriculum

SECONDARY

PSHE (SMSC) Lessons:
All students have regular SMSC lessons that explore content from the RSHE curriculum.

MBV Form Times - Picture E-News
Weekly sessions on Modern British Values which also explore themes within the RSHE curriculum

RSHE Assembly & Form Time
Focus Half-termly focus weeks including an assembly and form time activity

Embedded within lessons
Opportunities are taken within lessons to link content to the RSHE curriculum

SOCIAL
WELLBEING

ACADEMIC
WELLBEING

PHYSICAL
WELLBEING

MENTAL
WELLBEING

In addition to the above, students who require further guidance around RSHE topics may access interventions or discussions on a 1:1 basis with a member of the staff

PRIMARY CURRICULUM CONTENT

EYFS

Nursery: The children look at how to develop their own friendships and how we look after our friends and care for them. Students discuss their home, family and community

Reception: The children build on their abilities to make positive friendships and can also discuss with familiar people their feelings, including the difference between right and wrong

KS1

Feelings and emotions - recognise feelings in self; special people; behaviour
Healthy relationships - secrets and surprises; working together; boundaries and relationships; resolving conflict

Healthy Lifestyles - recognise what constitutes, and how to maintain, a healthy lifestyle including the benefits of physical activity, rest, healthy eating and dental health

Keeping Safe - to understand that household products, including medicines, can be harmful if not used properly. To know about the steps they can take to ensure their safety in class, on the playground, around school and at home

LKS2

Feelings and emotions - Recognising and managing different feelings; keeping something confidential or secret

Healthy relationships - recognising aspects of a healthy relationship; physical boundaries within different relationships; working together; behaviour; resolving conflict

Healthy lifestyles - to understand what positively and negatively affects their physical, mental and emotional health

Keeping safe - to learn strategies for keeping physically and emotionally safe in the physical world, including road safety and safety in the environment, and safety online, including social media, the responsible use of ICT and mobile phones and the importance of protecting personal information including passwords, addresses and images of themselves or others

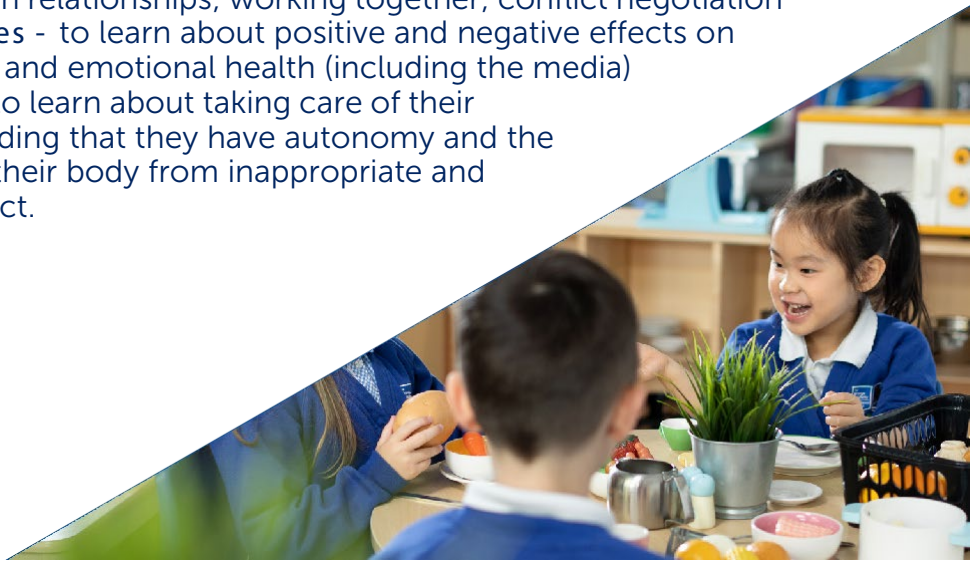
UKS2

Feelings and emotions - recognising and responding to others' feelings; keeping a confidence or a secret; recognising and managing dares

Healthy relationships - understanding what constitutes a healthy relationship how actions and behaviour can affect relationships; boundaries within relationships; working together; conflict negotiation

Healthy lifestyles - to learn about positive and negative effects on physical, mental and emotional health (including the media)

Keeping safe - to learn about taking care of their body, understanding that they have autonomy and the right to protect their body from inappropriate and unwanted contact.



RIGHT TO WITHDRAW

There are certain aspects of the RSHE curriculum for which parents/carers have the right to withdraw their child. We would always encourage a conversation with us prior to initiating a formal withdrawal. Miss Williams is the RSHE lead in Primary and Mrs. Boyd-Rugen in Secondary.

PRIMARY

Parents do not have the right to withdraw their children from relationships education.

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE.

Requests for withdrawal should be put in writing and addressed to the Principal.

Alternative work will be given to pupils who are withdrawn.

SECONDARY

Parents have the right to withdraw their children from the non-statutory components of sex education within RSHE up to and until 3 terms before the child turns 16. After this point, if the child wishes to receive sex education rather than being withdrawn, the school will arrange this.

Requests for withdrawal should be put in writing and addressed to the Principal.

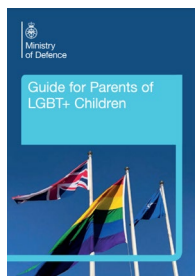
If a parent or carer requests that their child be removed from 'sex education', the school will provide support by ensuring the child understands that if they have questions they may still speak with a member of staff directly.

USEFUL LINKS & ADDITIONAL INFORMATION

Government Parent Guides - RSHE Curriculum

[Understanding relationships and health education in your child's school: primary](#)

[Understanding relationships, sex and health education at your child's school: secondary](#)

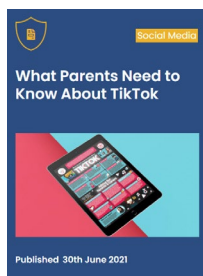


LGBTQ+ Information & Support

[Guide for parents of LGBT+ Children](#)

[Stonewall - Coming Out - Advice and guidance for parents](#)

[Sexuality and sexual orientation](#)



Online Safety

[Vodafone - Digital Parenting Magazine](#)

[NSPCC - Keeping children safe online](#)

[National Online Safety - Guides for social media platforms](#)

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