



# RSHE

## Information for parents



Supporting our pupils to grow up safe, healthy, happy and respectful.



# The key concepts that are taught in Reaching High are:

In the Reaching High pathway, pupils learn about:

- Families and respectful relationships
- My body
- Feelings and attitudes
- Life cycles
- Keeping safe and looking after myself
- People who help me

These topics are adapted to be appropriate for pupils' age, understanding, and developmental level.

Examples of Learning by Key Stage:

## **KS2 (Key Stage 2)**

How can I handle falling out with friends? What is consent? Which parts of my body are private? Body changes during puberty for boys and girls. Understanding changing feelings as I grow. How to think critically about TV, internet, and social media content. Human life cycle. Good hygiene routines. Understanding what help I may need and who to ask

## **KS3 (Key Stage 3)**

Different types of families and partnerships. Understanding homophobia and how to respond if I witness or experience it. How hormones affect boys and girls differently. Understanding normal bodily fluids from the penis and vagina. Communicating difficult conversations respectfully. Understanding sexual attraction and orientation. Introduction to sexual intercourse.

## **KS4 (Key Stage 4)**

Understanding sexual attraction. Recognising abusive relationships and knowing how to seek help. Learning the names and functions of male and female genitalia. Coping with strong feelings such as anger, sadness, desire, and love. Understanding what babies need to stay happy and healthy. Learning about different forms of contraception. Knowing where to find reliable information about sex and puberty

At Reaching High, RSHE is taught in a sensitive, age-appropriate way that helps pupils:

- Develop safe and healthy relationships
- Understand their bodies and emotions
- Make informed choices as they grow

# How RHSE is taught at Reaching High

In the Reaching High pathway, RSHE is taught using a variety of interactive and engaging methods, including:

- Interactive workshops
- Discussion groups
- Educational videos (e.g., BBC Bitesize)
- Scenarios and role-play

All of the units of work used in Reaching High are sourced from providers accredited by the **PSHE Association** or the **Department for Education**, ensuring high-quality, reliable content.

## Creating a Safe Learning Environment

Each class has its own ground rules for RSHE lessons, based on the following key principles:

**Be Kind:** Respect everyone's ideas and feelings. Listen without interrupting.

**Be Safe:** What is shared in the room stays in the room - unless it concerns someone's safety.

**Your Choice:** Pupils have the right to pass - they do not have to answer questions or discuss anything they are uncomfortable with.

## Keeping Parents Informed

After each lesson, the class lead will send a message via ClassDojo to share:

- What was discussed
- Any tricky concepts covered
- Key vocabulary that may be new to pupils

If you would like any further information, or if your child has follow-up questions, please do not hesitate to get in touch.

# Supporting your child at home

There are many ways you can support your child's RSHE learning:

## Encourage Open Conversations

- Create a safe, relaxed environment where your child feels comfortable talking about their thoughts and feelings.
- Use the correct vocabulary they are learning at school, including anatomically correct names for body parts.

## Reinforce Positive Relationships

- Talk about friendship, respect, and kindness in everyday situations.
- Help your child practise turn-taking, sharing, and resolving disagreements in a respectful way.

## Explore Feelings Together

- Help your child recognise and name emotions by commenting on how they or others might feel (e.g., "You look frustrated. I wonder if that's because...?").
- Encourage healthy ways to express and manage emotions, such as talking, drawing, or using calming strategies.

## Practice Safety Skills

- Discuss who are safe adults they can talk to if something worries them.
- Reinforce the importance of private parts, private spaces, and saying "no" when they feel uncomfortable.

## Stay Involved

- Read updates from the class lead on ClassDojo to see what your child has learned.
- Ask your child questions about the topics covered and reinforce key vocabulary.
- Attend parent/carer coffee mornings or information sessions to learn more and ask questions.

By supporting your child at home, you help them develop confidence, make safe choices, and build healthy relationships—skills that will last a lifetime.

We hold RSHE parent/carer coffee mornings, where we:

- Give an overview of our curriculum
- Explain relevant Government guidance and updates
- Provide a space to talk with other parents/carers, ask questions, and receive further information

Dates for these sessions will be shared via ClassDojo, so please keep an eye out.

## Further information and contact details

You can read our full Relationships, Sex and Health Education Policy, as well as our whole-school RSHE curriculum coverage document on our website.

If you would like further information, please contact your child's Head of School.

Boston Spa Learning – Bryony Bolland - Wai Headingley Learning – Kathryn Nelson

Woodhouse Learning, Lower School – Abigail Hill Woodhouse Learning, Upper School – Laura Green