

John Ball Primary School
Southvale Road · Blackheath · London SE3 0TP · Telephone: 0208 852 1601

Headteacher: Mrs Jacqui Noakes
Deputy Head: Mr Stephen Mitchell

E-mail: admin@johnball.lewisham.sch.uk
Website: www.johnball.lewisham.sch.uk



John Ball School is fully committed to safeguarding all pupils and celebrating diversity.

Dear Parents and Carers,

Relationships and Health Education (RHE)

Relationships and Health Education (RHE) is an important part of our school commitment to provide pupils with the knowledge and skills to keep themselves safe, make healthy choices, develop respect for themselves and others, and form positive and healthy relationships.

You can learn more about RHE provision in school by reading our Sex and Relationships Policy on the school website. The government guidance for Relationships and Health Education (2019) outlines statutory learning outcomes for all primary-aged pupils from September 2020. In addition, as recommended by the Department for Education, we also teach non-statutory elements of sex education in an age appropriate manner in year 6. To deliver our curriculum, we use the Discovery Education Health and Relationships Programme to support us in meeting these outcomes through dedicated lesson time.

The programme lessons progress from year 1 to year 6 with activities and videos to make learning engaging and enjoyable for our pupils, as well as developing their learning and understanding in an age-appropriate way. **As all the content in Year 3 is included in the statutory curriculum, there is no need to provide consent.**

In Year 3 pupils cover the following content across the year:

- Healthy and happy friendships:** Being a good friend and respecting personal space. *Strategies for resilience. Similarities and differences: Respecting and valuing differences. Shared values of communities.*
- Caring and responsibility:** *Our responsibilities and ways we can care and show respect for others.*
- Families and committed relationships:** *Exploring the importance of commitment in relationships and how families can change and alter over time, including through separation and loss.*
- Healthy bodies, healthy minds:** *Maintaining physical and mental wellbeing through healthy eating, sleep and keeping clean.*
- Coping with change:** *Coping with feelings around the changes in our lives.*

In line with our RHE policy, teachers will answer any questions from pupils in an age-appropriate and factual way, without personal bias or judgement. Questions will be answered in one of the following ways: by providing an answer to the whole class; by giving an individual answer to a pupil, or, on rare occasions, by contacting parents if we feel the question would be better handled in the home setting.

We welcome you contacting us if you have any questions or comments about the school's approach to this important, statutory area of learning. If you would like to see any of the content of the programme in more detail, please contact me to arrange a visit.

Yours sincerely,

Stephen Mitchell

Stephen Mitchell
Deputy Headteacher