



# Guru Nanak Sikh Academy

Aspire ~ Acquire ~ Achieve

Founder: Sant Baba Amar Singh Ji

Chief Executive Officer: Mr Jaskamal S. Sidhu

18<sup>th</sup> January 2023

Parent/Carer

## RE: PSHE Curriculum Information (GNSMAT)

As a part of your child's education at Guru Nanak Sikh Multi Academy Trust (GNSMAT) we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to remind you that, during this academic year and beyond, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

The statutory guidance for RSE and Health Education came into effect in all Primary and Secondary schools in September 2020.

### In Primary education from September 2020:

- Parents will not be able to withdraw their children from any aspect of Relationships Education or Health Education (which includes learning about the changing adolescent body and puberty).
- Parents will be able to withdraw their children from any aspects of Sex Education other than those which are part of the Science curriculum.

### In Secondary Education from September 2020:

- Parents will not be able to withdraw their child from any aspect of Relationships Education or Health Education.
- Parents will be able to withdraw their child (following discussion with the school) from any or all aspects of Sex Education, other than those which are part of the Science curriculum, up to and until three terms before the age of 16.
- After that point, the guidance states that 'if the child wishes to receive sex education rather than be withdrawn, the school should make arrangements to provide the child with sex education during one of those terms.'

## PRIMARY PHASE

In every year group, two or three lessons to help children understand the changes puberty brings and how human reproduction happens. There is a very serious safeguarding aspect to this work; obviously, the younger year groups are not looking at these issues directly and explicitly, but rather learning correct terminology for body parts and doing the foundation work for learning that will follow in later year groups. The Years 5 and 6 lessons look more fully at puberty and reproduction.

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
What makes a family-features of different families. Naming body parts.	Recognising privacy, staying safe and naming body parts.	How babies grow and how boys' and girls' bodies change as they grow older.	Internal and external reproductive body parts, body changes in girls and menstruation. Puberty talk.	Puberty for boys and girls, and conception.	Puberty for boys and girls and understanding conception to birth of a baby.

All lessons are taught using simple, child-friendly language and pictures, which help children understand changes more effectively.

## **SECONDARY PHASE**

Approximately 4-5 lessons are spent on delivering topics from staff who have had specific training and planning time; to be able to ensure that all topics are taught appropriately and sensitively. The delivery is monitored and reviewed regularly by the staff and governing body.

Year 7	Year 8	Year 9	Year 10/11/12 & 13
Managing relationships, Puberty, unwanted contact and understanding Female Genital Mutilation.	Sexuality, Consent and Contraception	Consent, STI's, Sexting and Pornography.	Managing relationships and break ups. Domestic abuse and identifying signs of abuse, exploitation and assault or rape.

Pupils will also have opportunities to ask questions. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website for more details about our PSHE curriculum. All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values.

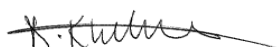
If you have any further questions, we are offering a drop-in workshop on **Monday 30<sup>th</sup> January** where you will have a chance to ask questions and see teaching materials and worksheets that are used during the lessons.

The workshop will take place in 'The Hub' which will be signposted and is accessible from the outside past the GNSA Primary main reception.

Secondary Phase Parent session 2:10pm – 2:50pm

Primary Phase Parent session 3:00pm – 3:40pm

Yours faithfully



Mrs D Khilnani  
PSHE Lead (GNSMAT)