



St. Mary's Catholic Primary School

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Friday 3rd November 2023

Dear parents and guardians,

Relationships education is compulsory for all primary and secondary school pupils. Following our RHE consult on Friday 6th October 2023, we have decided to teach all 7 key decisions, including non-statutory key decisions. More information on these key decisions can be found here:
<https://www.stmaryschiswick.org.uk/curriculum/rse>

All key decisions are statutory except FGM and Sex education (parts which do not fall in line with the Science curriculum).

FGM:

Although the duty to teach about FGM is not statutory for primary schools, with consult with parents and governors, we have made the choice to teach this to the children. The National FGM Centre advises that girls are at most risk at primary school age, and therefore recommends that primary schools also teach about FGM where possible. Parents or guardians can ask to withdraw their child from these sessions.

Sex education:

Sex education is compulsory in secondary schools, not in primary schools. Parents or guardians can ask to withdraw their child from parts or all of sex education taught as part of relationships and sex education however parents cannot withdraw their child from sex education taught in science as advised by
<https://www.gov.uk/national-curriculum/other-compulsory-subjects>

Teaching of Relationship Education using Tenten's 'Life to the full'.

Please take a look at the attached timetable below for each phase to see what your child will be covering for relationship health education from Autumn 2 through to Summer 2: I cannot provide a specific date for when a particular session will be taught, at this time. However, if you would like to know more about when a particular session will take place, I recommend speaking to your child's class teacher. They will be able to provide you with more information and keep you updated on any developments.

On this timetable, I have highlighted the Non-Statutory Sex education sessions in yellow and the Non-Statutory FGM sessions in green. As a parent or guardian, you have the option to withdraw your child from these sessions. The links on the timetable are also 'live' for you to click so you can find out more about the session.

We encourage you to use the parent portal to review these sessions to decide if you would like us to teach them to your child. If you choose to withdraw your child from any of these non-statutory sessions, please email us at classeenquiries@stmarys.hounslow.sch.uk to inform us. If we do not hear from you, we will assume you are happy for the sessions to proceed with your child.

The log in details for TenTen's parent portal are as follows:

Website: <https://www.tentenresources.co.uk/parent-portal/>
Username: StMarysW42DF
Password: rainbow

Please be assured that if your child is withdrawn from any of these non-statutory sessions, they will still be provided with work and sent to another class to work during that time.

Thank you for your support.

Sincerely,

Miss Scannell
RHE and RE Lead

EYFS:

Term	Module and Unit	Session Title	Session Length
Autumn II	EYFS, Module 1, Unit 1	Story Sessions: <i>Handmade With Love</i>	5 x 15-minute sessions over 5 days
	EYFS, Module 1, Unit 2	Session 1: <i>I Am Me</i>	20 minutes
		Session 2: <i>Heads, Shoulders, Knees and Toes</i>	20 minutes
		Session 3: <i>Ready Teddy?</i>	20 minutes
Spring I	EYFS, Module 1, Unit 3	Session 1: <i>I Like, You Like, We All Like!</i>	20 minutes
		Session 2: <i>All The Feelings!</i>	20 minutes
		Session 3: <i>Let's Get Real</i>	20 minutes
	EYFS, Module 1, Unit 4	Session 1: <i>Growing Up</i>	20 minutes
Spring II and Summer I	EYFS, Module 2, Unit 1	Session 1: <i>Role Model</i>	2 x 15-minute sessions
	EYFS, Module 2, Unit 2	Session 1: <i>Who's Who?</i>	20 minutes
		Session 2: <i>You've Got A Friend in Me</i>	20 minutes
		Session 3: <i>Forever Friends</i>	20 minutes
	EYFS, Module 2, Unit 3	Session 1: <i>What is the Internet?</i>	20 minutes
		Session 2: <i>Playing Online</i>	20 minutes
Summer I	EYFS, Module 2, Unit 4	Session 1: <i>Safe Inside and Out</i>	20 minutes
		Session 2: <i>My Body, My Rules</i>	20 minutes
		Session 3: <i>Feeling Poorly</i>	20 minutes
		Session 4: <i>People Who Help Us</i>	20 minutes
Summer II	EYFS, Module 3, Unit 1	Session 1: <i>God is Love</i>	20 minutes
		Session 2: <i>Loving God, Loving Others</i>	20 minutes
	EYFS, Module 3, Unit 2	Session 1: <i>Me, You, Us</i>	20 minutes

Sex Education = non-statutory at a primary level

FGM = non-statutory at a primary level

The 'My Body, My Rules' does not mention FGM, but the idea of bodily privacy (including the NSPCC PANTS message that 'privates are privates') introduces children to the and the importance of talking to their 'special people' if anything troubles them. This is all underpinned by the religious teaching that we are created and loved by God, with bodies and minds that He wants us to keep safe. Here are some great online resources created by the NSPCC that further support the message that our private parts are private. The NSPCC have created an online resource for parents along with a downloadable guide should you wish to discuss and reinforce this message with your child before or after their lesson in school:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>

<https://www.youtube.com/watch?v=-IL07JOGU5o&app=desktop>

KS1: Year 1 and 2

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Term	Module and Unit	Session Title	Session Length
Autumn II	KS1, Module 1, Unit 1 KS1, Module 1, Unit 2	Story Sessions: Let the Children Come	5 x 10-minute sessions over 5 days
		Session 1: I Am Unique	30 minutes
		Session 2: Girls and Boys	30-40 minutes
		Session 3&4: Clean and Healthy (My Body)	40 minutes (2 sessions)
Spring I	KS1 Module 1, Unit 3	Session 1: Feelings, Likes and Dislikes	40 minutes
		Session 2: Feeling Inside Out	30 minutes
		Session 3: Super Susie Gets Angry	40 minutes
	KS1 Module 1 Unit 4	Session 1: The Cycle of Life	30 minutes
Spring II	KS1, Module 2, Unit 1	Session 2: Beginnings and Endings	40 minutes
		Session 1: God Loves You	40 minutes
	KS1, Module 2, Unit 2	Session 1: Special People	30 minutes
		Session 2: Treat Others Well...	35 minutes
		Session 3: ...and Say Sorry	30 minutes
	KS1, Module 2, Unit 3	Session 1: Real Life Online	30 minutes
		Session 2: Rules To Help Us	30 minutes
		Session 1: Good and Bad Secrets	35 minutes
Summer I	KS1, Module 2, Unit 4	Session 2: Physical Contact	45 minutes (or 2 x 25 minutes)
		Session 3: Harmful Substances	30 minutes
		Session 4: Can You Help Me? (Part 1)	35 minutes
		Session 5: Can You Help Me? (Part 2)	35 minutes
Summer II	KS1, Module 3, Unit 1	Session 1: Three In One	25 minutes
		Session 2: Who is My Neighbour?	30 minutes
	KS1, Module 3, Unit 2	Session 1: The Communities We Live In	35 minutes

The 'Physical Contact', session incorporates the PANTS resources from the NSPCC to teach children that: Privates are private; Always remember your body belongs to you; No means no; Talk about secrets that upset you; Speak up, someone can help. In this session, the children will discuss the way different kinds of touch can make them feel. They will gain a basic understanding of when touch is appropriate or inappropriate, and the importance of talking to trusted adults about anything concerning them. There is a section which briefly mentions the illegal practice of Female Genital Mutilation (FGM) and reinforces the key teaching that privates are private. FGM is not named explicitly, but described in the following terms:

'You might want to mention that in some cultures people want to harm girls' private parts, and that is not OK. Reinforce and expand upon the PANTS rules: privates are private and should stay the same as when a girl was born.'

The whole session is framed in the core belief that our bodies are made by God and given to us as wonderful gifts that deserve the respect of ourselves and others.

Here are some great online resources created by the NSPCC that further support the message that our private parts are private. The NSPCC have created an online resource for parents along with a downloadable guide should you wish to discuss and reinforce this message with your child before or after their lesson in school:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants- parents-guide-online.pdf>

<https://www.youtube.com/watch?v=-IL07JOGU5o&app=desktop>

Lower Key Stage 2: Year 3 and 4

Sex Education = non-statutory at a primary level

FGM = non-statutory at a primary level

Term	Module and Unit	Session Title	Session Length
Autumn II	LKS2 Module 1, Unit 1	Story Sessions: Get Up!	5 x 15-minute sessions over 5 days
		Session 2: The Sacraments	45 minutes
	LKS2 Module 1, Unit 2	Session 1: We Don't Have to be the Same	45 minutes
		Session 2: Respecting our Bodies	45 minutes
		Session 3: What is Puberty? Year 4 only	45 minutes
		Session 4: Changing Bodies Year 4 only	45 minutes
		Session 5: Male/Female Discussion Groups (optional) Year 4 only	45 minutes
	LKS2 Module 1, Unit 3	Session 1: What Am I Feeling?	45 minutes
		Session 2: What Am I Looking At?	45 minutes
		Session 3: I Am Thankful	45 minutes
	LKS2 Module 1, Unit 4	Session 1: Life Cycles	45 minutes
Spring I	LKS2 Module 1, Unit 4	Session 2: A Time For Everything	45 minutes
		Story Sessions: Jesus, My Friend	5 x 15-minute sessions over 5 days
	LKS2 Module 2, Unit 1	Session 1: Family, Friends and Others...	45 minutes
		Session 2: When Things Feel Bad	45 minutes
	LKS2 Module 2, Unit 2	Session 1: Sharing Online	45 minutes
		Session 2: Chatting Online	45 minutes
		Session 1: Safe In My Body	45 minutes
	LKS2 Module 2, Unit 3	Session 2: Drugs, Alcohol and Tobacco	45 minutes
		Session 3: First Aid Heroes	45 minutes
	LKS2 Module 2, Unit 4	Session 1: A Community of Love	30 minutes
Summer I	LKS2 Module 3, Unit 1	Session 2: What is the Church?	45 minutes
		Session 1: How Do I Love Others?	50 minutes
	LKS2 Module 3, Unit 2		

Sex Education:

In this session, pupils will explore the miraculous nature of human conception and birth. With the underpinning knowledge that we were handmade by God with our parents' help, children will go on a journey to discover how life is created in the womb. It is worth noting that sexual intercourse is not discussed in this session. The session ends with a thanksgiving meditation.

FGM:

The 'Safe In My Body' session builds on KS1 learning to consider more deeply what physical contact is appropriate and inappropriate. Children are introduced to the term 'abuse' and discuss different kinds of abuse, including sexual abuse, here referred to as 'abuse of private parts'. Children are invited to think of trusted adults that they can talk to about any issues they may face. There is a section which briefly explores another kind of abuse of private parts: Female Genital Mutilation (FGM). Here is an overview of key knowledge which would be shared within this session:

- FGM is when the outside part of a girl's genitalia (private parts) are changed or harmed, not because the girl is ill and needs medical treatment, but for other reasons (see below).

- FGM is practised in at least 28 countries in Africa, parts of the Middle East and Asia. Some people from those countries continue to practice FGM among their communities when they come to the UK to live.
- These communities believe that cutting or changing and harming a girl's genitalia will uphold family honour, preserve tradition or ensure a girl's cleanliness and readiness for marriage.
- These are myths; FGM can have serious consequences for a woman's health and in some instances can lead to death. It is not a religious requirement and world religious leaders have spoken out against it.
- Female bodies change during puberty, and some of these changes affect the vulva (a girl's external genitalia), but otherwise the vulva needs to stay the same as when a girl was born – no one else should change it for them, unless for medical reasons that are very clearly explained by a doctor in the UK.
- FGM is considered to be child abuse in the UK and it is illegal (not allowed). Anyone who involved in carrying out FGM faces up to 14 years in prison, and anyone found guilty of failing to protect a girl from FGM faces up to 7 years in prison.
- If anyone is worried about FGM they should never stay silent – there are lots of support services available. Any teacher, or trusted adults in or out of school can help. Childline, run by the NSPCC, also has a free telephone help line for anyone in the UK worried about FGM happening to them or someone they know, which can be found by searching 'FGM help'.
- In an emergency situation, 999 should always be called. It's always OK to seek support – there will always be someone who can help.

The session finishes by discussing appropriate touch that makes us feel positive, and a reflection on how much God loves us and wants us to stay safe.

Upper Key Stage 2: Year 5 and 6

Sex Education = non-Statutory at a primary level

FGM = non-Statutory at a primary level

Term	Module and Unit	Session Title	Session Length
Autumn II	UKS2 Module 1, Unit 1	Story Sessions: Calming the Storm	5 x 15-minute sessions over 5 days
	UKS2 Module 1, Unit 2	Session 1: Gifts and Talents	45-60 minutes
		Session 2: Girls' Bodies	45-60 minutes
		Session 3: Boys' Bodies	45-60 minutes
Spring I		Session 4: Spots and Sleep	45-60 minutes
	UKS2 Module 1, Unit 3	Session 1: Body Image	45-60 minutes
		Session 2: Peculiar Feelings	45-60 minutes
		Session 3: Emotional Changes	45-60 minutes
		Session 4: Seeing Stuff Online	45-60 minutes
	UKS2 Module 1, Unit 4	Session 1: Making Babies (Part 1)	45-60 minutes
		Session 2: Making Babies (Part 2)	45-60 minutes
		May be omitted or may be set as a homework task with parents.	
Spring II		Session 3: Menstruation	45-60 minutes
	UKS2 Module 1, Unit 4	Session 4: Hope Beyond Death	60 minutes
	UKS2 Module 2, Unit 1	Session 1: God Is Calling You	45-60 minutes
	UKS2 Module 2, Unit 2	Session 1: Under Pressure	45-60 minutes
		Session 2: Do You Want A Piece of Cake?	45-60 minutes
		Session 3: Self-Talk	45-60 minutes
		Session 4: Build Others Up Year 6 only	60 minutes
	UKS2 Module 2, Unit 3	Session 1: Sharing Isn't Always Caring	45-60 minutes
Summer I		Session 2: Cyberbullying	45-60 minutes
	UKS2 Module 2, Unit 4	Session 1: Types of Abuse	45-60 minutes
		Session 2: Impacted Lifestyles	45-60 minutes
		Session 3: Making Good Choices	45-60 minutes
Summer II		Session 4: Giving Assistance	45-60 minutes
	UKS2 Module 3, Unit 1	Session 1: The Holy Trinity	45-60 minutes
		Session 2: Catholic Social Teaching	45-60 minutes
	UKS2 Module 3, Unit 2	Session 1: Reaching Out	45-60 minutes

Sex education:

Session 1: This session explores how a baby grows in the womb, building on and developing the teaching at Lower Key Stage Two. In this episode of 'Paradise Street', Finn learns that his Mum is going to have a baby. He discusses it with his friends, who don't know much about where babies come from. Finn learns from his Mum about the miraculous process of human life and how it is conceived and developed in the womb. Finn also has his worries alleviated about being 'replaced' or not loved so much when the new baby comes along.

Session 2: Previously in 'Paradise Street', Finn and Leyla asked questions about how babies are made and they learned about the different stages of life in the womb. At the end of the episode, Finn disarms his Dad with the question, "How did your sperm actually get inside Mum's body?" In this session, pupils will learn some key

information and facts about sexual intercourse, underpinned with the religious understanding that sexual intercourse is intended for married couples and has been designed by God.

FGM:

Through 4 fictional stories, the 'Types of Abuse' session further deepens awareness of different kinds of abuse, including sexual (*which in LKS2 was described as 'abuse of private parts'*). Children are introduced to the concept of rights (including the United Nations Convention on the Rights of the Child and how abuse violates their rights). They are asked to think of trusted adults that they can talk to about any issues they may face. This session explains that children have the right to be safe and to be in control of their bodies, so that they need to be aware of a practice which violates these rights: Female Genital Mutilation (FGM). Children watch a film which goes beyond LKS2 learning by answering the following questions: What is FGM?; How does FGM affect health?; Who is at risk?; Why does it happen?; How are people trying to stop it?; Who can I tell?

There is then a selection of reflections, activities and tasks for teachers to choose from to help children respond to their learning about FGM.

The session finishes by discussing how, although bad things happen, that is not God's plan for us: He designed us, made us, loves us and wants us to love others too.