

## Orchard School Bristol

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**Headteacher:** Mrs Julia Hinchliffe **MA (Hons), MA, NPQH**

April 2020

Dear Parent/Carer

I am writing to provide information about what we will be delivering in Health Education and Relationships and Sexual Education (RSE) from September 2020, following our consultation with you.

As we wrote to you previously, the Department for Education has announced changes to Health Education and RSE. Following the government guidance, we have reviewed our curriculum so we can be sure our Health Education and RSE provision gives young people the information they need to help them to stay healthy both mentally and physically but also develop healthy, nurturing relationships of all kinds, not just intimate relationships. We have also ensured that the curriculum is appropriate for our pupils based on their:

- Age
- Physical and emotional maturity
- Religious and cultural backgrounds
- Special educational needs and disabilities

Thank you for your responses and discussion initiated at our consultation evening. Of those who have responded, there has been a strong support for our Health Education and RSE plan. A number of excellent questions were asked which are listed at the end of this letter.

Following the consultation, students will be taught the following in RSE and Health Education within the Jigsaw national scheme. This has scheme been recommended for use by our local authority.

Year 7 (age 11-12)	
RSE	Health
<ul style="list-style-type: none"><li>• Puberty and body development</li><li>• Emotions within friendships</li><li>• Different types of relationships, parenting and families</li><li>• Responsibilities of parenthood</li><li>• Happiness in intimate relationships</li><li>• Characteristics of healthy relationships and being able to make positive choices</li><li>• Assertiveness in relationships</li><li>• Consent</li><li>• FGM and 'breast ironing' - awareness</li><li>• Sexting</li><li>• Sources of help and support</li></ul>	<ul style="list-style-type: none"><li>• First aid</li><li>• Taking responsibility for health</li><li>• Substances and their effects</li><li>• Managing stress and anxiety</li><li>• Mental health and exercise</li><li>• Sleep</li><li>• Vaccinations</li><li>• Nutrition</li><li>• Changes in adolescence</li><li>• Self and body-image</li><li>• Media and self-esteem</li></ul>



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Year 8 (age 12-13)	
RSE	Health
<ul style="list-style-type: none"> <li>• Positive relationship with self</li> <li>• Managing a range of relationships</li> <li>• Family and identity</li> <li>• Types of close intimate relationships</li> <li>• Physical attraction</li> <li>• Legal status of relationships</li> <li>• Recognising behaviours in healthy and unhealthy romantic relationships</li> <li>• Recognising coercion and an unhealthy balance of power in relationships</li> <li>• Pornography (no images shown)</li> <li>• Sexuality</li> <li>• Alcohol and risky behaviour</li> <li>• Sources of support</li> </ul>	<ul style="list-style-type: none"> <li>• Taking personal responsibility for health</li> <li>• Long-term physical health</li> <li>• Managing stress, their triggers and negative self-talk</li> <li>• Substances, their effects, exploitation and the law</li> <li>• Role of medicines and vaccines</li> <li>• Dental health</li> <li>• Blood donation</li> </ul>

Year 9 (age 13-14)	
RSE	Health
<ul style="list-style-type: none"> <li>• Consent</li> <li>• Contraception choices</li> <li>• Family planning</li> <li>• Risk in intimate relationships, including sexually-transmitted infections (STIs)</li> <li>• Power, control and coercion in intimate relationships</li> <li>• Sexual exploitation</li> <li>• Grooming</li> <li>• Assertiveness skills</li> <li>• Sex and the law</li> <li>• Pornography (no images shown) and stereotypes</li> <li>• Support and advice services</li> </ul>	<ul style="list-style-type: none"> <li>• Positive and negative self-identity</li> <li>• Links between body image and mental health</li> <li>• Triggers and support strategies for mental health</li> <li>• Self-harm</li> <li>• Anxiety disorders</li> <li>• Eating disorders</li> <li>• Depression</li> <li>• Managing emotional changes</li> <li>• The importance of sleep</li> <li>• Physical and psychological effects of alcohol and other substances</li> <li>• Alcohol and drugs in the law</li> <li>• First aid and CPR</li> <li>• Sources of advice and support</li> </ul>

Year 10 (age 14-15)	
RSE	Health
<ul style="list-style-type: none"> <li>• Understanding love</li> <li>• Equality in relationships</li> <li>• Relationship choices</li> <li>• Sustaining long-term relationships</li> <li>• Stereotypes in romantic relationships</li> <li>• Gender spectrum of sexuality</li> <li>• Family change</li> <li>• Divorce and separation</li> <li>• Impact of family breakup on children</li> <li>• Ending relationships safely</li> <li>• Consequences of relationships ending e.g. bullying and revenge porn</li> <li>• Abuse in teenage relationships</li> <li>• Sexual health</li> <li>• The law, support and advice</li> </ul>	<ul style="list-style-type: none"> <li>• The impact of work-life balance on mental health</li> <li>• Common mental health disorders</li> <li>• Improving health</li> <li>• Blood-borne infections</li> <li>• Self-examination</li> <li>• Diet and long-term health</li> <li>• Misuse of prescription drugs</li> <li>• Common threats to health including chronic disease, epidemics and misuse of antibiotics</li> <li>• Organ donation</li> <li>• Stem cells</li> </ul>

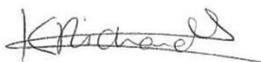
Year 11 (age 15-16)	
RSE	Health
<ul style="list-style-type: none"> <li>• Spectrum of gender and sexuality</li> <li>• LGBT+ rights and protection under the Equality Act</li> <li>• Challenges of "coming out" for those who identify as LGBT+</li> <li>• Long-term relationship dreams &amp; goals</li> <li>• Stages of intimate relationships</li> <li>• Positive and negative impact of sex</li> <li>• Fertility</li> <li>• Contraception</li> <li>• Pregnancy facts and myths</li> <li>• Parenting skills and challenges</li> <li>• Protecting sexual &amp; reproductive health</li> <li>• Sexual health hygiene</li> <li>• Sexually-transmitted infections (STIs)</li> <li>• Sexual pressure</li> <li>• Safely ending relationships</li> <li>• Power, control, sexual experimentation</li> <li>• Forced marriage</li> <li>• Honour-based violence</li> <li>• FGM and other abuses</li> <li>• Sources of support</li> </ul>	<ul style="list-style-type: none"> <li>• Managing anxiety and stress</li> <li>• Self-examination</li> <li>• Identifying a range of health risks and strategies for staying safe</li> </ul>

As of September 2020, parents will continue to have a right to request to withdraw their child from Sexual Education delivered as part of RSE. In the next academic year, parents will need to inform their Head of Year if they would like to request a withdrawal from Sexual Education during that year. Further communication regarding this will be shared in the new academic year. Please note that parents are not able to withdraw children from Sexual Education lessons within the science curriculum.

The Department of Education states that there will be no right to withdraw from Relationships Education as the contents of these subjects, such as family, friendship and safety are important for all children to be taught.

Thank you again for your responses to the consultation.

Yours sincerely



Kate Richard, Assistant Headteacher

## Consultation Questions

### **1. What support do you provide teachers?**

All teachers who deliver the scheme will be offered training and support to deliver the sessions effectively.

### **2. Do students have an opportunity to get support if they feel uneasy?**

We pride ourselves at Orchard on having excellent working relationships with students. All students will be reminded that they have an opportunity to speak to an adult who they trust should they feel worried about the RSE lessons. For example, they can speak to their tutor, Head of Year or Pastoral Manager. Brook, a specialist provider of young people's sexual health and wellbeing services are also in school once a week which provides students with another group of adults who are able to listen to and support students.

### **3. Do you revisit topics in each year group?**

The Jigsaw scheme is designed so that students revisit and build on their knowledge each year. For example, students will look at what a healthy relationship does and doesn't look like in year 7 but will also discuss the signs of risks of where a relationship is not going well in years 8 and 9.

### **4. Are teachers confident in delivering Relationships and Sexual Education (RSE)?**

The majority of RSE will be delivered through tutor time with tutors who have developed excellent relationships with their tutor groups. This alongside the training that we provide staff ensures that staff are confident in delivering RSE.

### **5. Given that students may form relationships at a younger age, do students learn about relationships early enough?**

Students are taught about what healthy relationships should look like from year 7, including what different families could look like alongside puberty and consent. We are confident that RSE is delivered in an age appropriate way.

### **6. How do you ensure children know how to stay safe online?**

The Jigsaw sessions include online safety and online relationships. However, we also discuss this with students through assemblies, IT lessons and other tutor time sessions. We encourage students to report any incidents to us immediately, either in person or through the Whisper button so that we can effectively deal with them.

### **7. Can you inform parents of what is delivered and when?**

Yes, as a result of this consultation, we will inform parents regularly about what topics will be taught in each year group.

### **8. How can parents share the RSE information with friends and family?**

We have now shared the consultation presentation on the website. If you would like to know more about the DfE's guidance, the following link provide very useful summaries in English, Somali and Arabic:

<https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools>

### **9. Do you give students the opportunity to ask questions anonymously?**

Where sexual education is taught within the Key Stage 3 Science curriculum (Years 7, 8 and 9), students have an opportunity to write any questions that they do not want to ask in front of others and place them in a question box or alternative anonymous place. The teacher can then answer these questions to all students where appropriate.

### **10. What if a child doesn't want to take part in the lesson discussion?**

Students will not be pressured to discuss aspects of RSE which they may not be comfortable with, but are encouraged to listen to what is said.