

14<sup>th</sup> February 2023

Dear Parents/Carers,

**Re: Relationship and Health Education (RHE) Workshop Thursday 9<sup>th</sup> March 2023 at 9.00am in school**

We are delighted to welcome *Faye Jones- Health Improvement Officer for PSHE and RSHE in the Ealing Health Improvement Team* - to deliver our annual RHE workshop for parents/carers. Since I started these in workshops in 2019 they have always been very well attended. Over the last year we have held extra Online Safety and Police Safety workshops for parents/carers too.

The parent/carer RHE workshop will provide an opportunity to understand the statutory guidance on what schools must teach in regards to relationship and health education. Parents will be informed on the purpose and value of delivering effective RHE in school and the role it plays in safeguarding their children. Details of which can be seen here: <https://www.westactonprimaryschool.org/curriculum/subjects/pshe> This also shows our curriculum coverage as well as the vocabulary which will be used during these lessons. In primary school 'relationships' are about families and friendships, not relationships of a romantic nature that older high school pupils or adults may have.

Parents/carers will be able to view a sample of the resources which will be used in lessons in the summer term, after the two week holiday in April, to see how they are planned and delivered at age appropriate levels for their children. As West Acton was part of an Ealing FGM project in 2020, we will also remind parents/carers of this. You will be invited to ask any questions relating to the planning and delivery of RHE. The workshop is an opportunity to discuss how school and parents can work together on ensuring all children develop high quality RHE knowledge and skills which helps keep them safe, healthy and build positive relationships now and in the future. Nowadays, there is a vast amount of information about relationships on the internet, on TV, in magazines, to which children and young people are exposed. If children are provided with timely and age-appropriate information about their bodies and relationships, they can make their transition into adolescence and adulthood with the confidence and knowledge to understand what is happening to them. They will also have the best chances of growing into confident and healthy adults able to make positive choices

Parents/Carers of all year groups are welcome to attend this workshop on **Thursday 9<sup>th</sup> March 2023 at 9.00am**.

We look forward to seeing you at the workshop and working together to keep your child safe.

Yours faithfully,

**Karen Kondo**  
Head teacher

**Miss Ferreira**  
PSHE Lead

Head teacher