



BAYSIDE  
ACADEMY

21 April 2021

Dear Parents/Carers

## Department for Education (DfE) Statutory Requirements for Relationships and Health Education

From September 2020, schools have had to teach Relationships and Health Education.

You can read about these changes in this DfE guide for parents by following this link: <https://www.gov.uk/government/publications/relationships-sex-and-health-education-guides-for-schools> The DfE also strongly encourages primary schools to deliver sex education to help prepare children for their transition to secondary school.

Most schools are already delivering very effective Relationships and Sex Education (RSE) and the new guidance is simply about ensuring that **all** children get the information they need and want. The lessons will help children to learn about their bodies, including the changes that take place during puberty and will help keep them safe, so they can form healthy relationships (friendships) with others, now and in the future.

At Bayside Academy we are using the leading children's health and wellbeing charity, Coram Life Education (CLE) to support us in meeting these legal requirements. We do this in two ways:

- A visit from a trained educator who will deliver aspects of the Relationships Education and Health Education programme (The Life Education Bus)
- Using Coram Life Education's online SCARF teaching resources.

More information about Coram Life Education and SCARF can be found on their website:

[www.coramlifeeducation.org.uk](http://www.coramlifeeducation.org.uk)

Research now shows that children with better health (including mental health) and wellbeing are likely to achieve better academically. By learning about positive relationships, respect for themselves and others and behaving appropriately and safely online, they are better able to enjoy their friendships and therefore focus more at school.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. Research on the quality of Relationships and Sex education in the UK by the National Survey of Sexual Attitudes and Lifestyles team, consistently shows that men and women who reported that lessons at school were their main source of information about sex were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

We recognise that parents play a vital part in their child's RSE and we encourage you to discuss these themes with your child at home as well. If further advice or support is required, or if you have any questions about the programme or would like to view the resources, please don't hesitate to speak to myself or Mr Vernon.

A very small number of these lessons are non-statutory Sex Education lessons and therefore, as a parent, you have the right to withdraw your child from these specific lessons. If this is something that you wish to do, please make a phone appointment with me via the school office to discuss this further, no later than 30<sup>th</sup> April.

Yours sincerely

*Mrs K Hayes*

**Mrs Hayes**  
**PSHE Lead**

**Bayside Academy**

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