Dear Parent/Carer,

The Relationships and Sex Education (RSE) curriculum lies within the Personal, Social, Health and Economic Education (PSHE) programme and Science curriculum.

The objective of Relationships and Sex Education is to help and support children through their emotional, social, moral and physical development. The programme will help children learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood.

# It is about the understanding of the importance of family life, stable and loving relationships, respect, love and care. It gives children essential skills for building positive, enjoyable, respectful and non-exploitative relationships.

Here at Hillstone, the RSE curriculum is taught through our Hillstone Life Skills lessons. These lessons focus on aspects of Relationship and Sex Education featured in the Department of Education and Skills Guidance 2000 and are designed to be appropriate to each age group.

All lessons are taught in a relaxed environment; ground rules are set so all the children feel comfortable and secure.

We would like to invite you to a parent’s meeting to discuss the content of the lessons and explore some of the resources so you can help support your child at home with any questions they may have. **The date of Year 3’s RSE meeting is 18/6/24 at 3:30 in 3F.**

Kind Regards