



Dear Parent/Carer,

We would like to invite you to a Parent Workshop to share information about our Relationship and Health Education (RHE) curriculum. We will run this workshop on two dates - one in the morning and one in the afternoon to accommodate all parents.

<u>Morning workshop</u> Friday 2nd February 2024 8.45am School Hall	<u>Afternoon workshop</u> Wednesday 7th February 5pm School Hall
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The workshop will cover:

- Our RHE Policy
- Resources & planning used in lessons

As you are aware, from September 2020, schools have been required to teach Relationships and Health Education.

You can read about these changes in this DfE guide for parents here:

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

At our school we are using the leading children's health and wellbeing charity, Coram Life Education (CLE) to support us in meeting these legal requirements with 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

Research 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.

We recognise that parents play a vital part in their child's RHE, and we encourage you to discuss these themes with your child at home as well.

We look forward to seeing you.

Yours sincerely

Ms Cupido (Deputy headteacher/ PSHE Lead)