



Fir Bank School

Relationships, Sex and Health Education (RSHE)

A Guide for Parents and Carers 2026-2027

At Fir Bank Primary School, we believe that parents and carers are a child's first and most important educators. We work in partnership with families to help children develop the knowledge, skills and values they need to stay safe, healthy, happy and prepared for life in modern Britain.

Our RSHE curriculum helps children to:

- Build positive and respectful relationships
- Develop confidence, resilience and self-esteem
- Understand how to stay safe, both online and offline
- Learn about physical and mental wellbeing
- Recognise risks and know how to seek help
- Respect diversity, equality and inclusion
- Prepare for their transition to secondary school and beyond.

What is RSHE?

RSHE stands for Relationships, Sex and Health Education.

The curriculum is designed to help children understand:

- Relationships Education
- Children learn about:
 - Families and caring relationships
 - Friendships and kindness
 - Respect and inclusion
 - Managing conflict positively
 - Personal boundaries
 - Online relationships and safety
 - Keeping themselves safe.
- Health Education

Children learn about:

- Physical health
- Mental wellbeing
- Healthy lifestyles
- Personal hygiene
- Exercise and nutrition
- Emotional literacy
- Managing feelings and worries
- Seeking support when needed.

- Growing and Changing

As children get older, they learn about:

- Puberty
- Physical and emotional changes
- Personal hygiene
- Menstruation
- Self-care
- Preparing for secondary school.

Our Approach

At Fir Bank Primary School, RSHE is taught in a way that is:

Age-appropriate

- Inclusive
- Factually accurate
- Safeguarding focused
- Sensitive to individual needs
- Based on current statutory guidance.

We create a safe learning environment where children can ask questions and discuss topics respectfully.

What Will My Child Learn?

Early Years

Children learn:

- How to be kind and make friends
- How adults keep them safe
- Understanding emotions
- Healthy habits
- Simple rules and routines.

Key Stage 1 (Years 1 and 2)

- Children learn:
- Friendship skills
- Family relationships
- Bullying and kindness
- Keeping safe at home and school
- Online safety
- Privacy and trusted adults
- Managing feelings and emotions.

Lower Key Stage 2 (Years 3 and 4)

Children learn:

- Respectful relationships
- Consent in friendships
- Diversity and inclusion
- Children's rights
- First aid and personal safety
- Mental wellbeing
- Early understanding of growing and changing.

Upper Key Stage 2 (Years 5 and 6)

Children learn:

- Personal boundaries
- Online risks and media literacy
- Peer pressure and influence
- Puberty and emotional changes
- Healthy relationships
- Preparing for secondary school
- Respecting differences and challenging stereotypes.
- Online Safety
- Keeping children safe online is a key part of our curriculum.
- Children learn about:
 - Safe online behaviour
 - Privacy settings
 - Digital footprints
 - Social media awareness
 - Grooming and exploitation risks
 - Reporting concerns
 - Critical thinking when viewing online content.

Safeguarding

The safety and wellbeing of children is our highest priority.

Through RSHE, pupils learn:

- How to recognise unsafe situations
- The difference between secrets and surprises
- How to identify trusted adults
- How to ask for help
- How to report worries.

If a child discloses information that suggests they may be at risk of harm, school staff must follow safeguarding procedures to ensure appropriate support is provided.

Parents' Right to Withdraw

Relationships Education and Health Education are statutory subjects and children are expected to take part.

Parents who have questions about any aspect of the curriculum are encouraged to contact the school so that we can discuss any concerns and explain curriculum content. The school is committed to working closely with families and ensuring transparency regarding resources and teaching materials.

How We Work With Parents

We are committed to:

- Publishing our RSHE Policy on the website
- Sharing curriculum information with parents
- Informing families before puberty education is taught
- Being open about the resources used
- Listening to parent feedback when reviewing the curriculum.

Questions or Concerns?

If you would like to find out more about our RSHE curriculum, please contact school.

info@firbank.oldham.sch.uk

Telephone: 0161 624 9577

We value working in partnership with parents and carers to help every child become a confident, respectful, resilient and responsible member of society.