

Merton Court School

Relationships & Sex Education (RSE) – Parent Summary

This summary outlines the key points of our school's RSE Policy in a clear, parent-friendly format. The full policy is available on our website and from the school office.

What is RSE?

Relationships & Sex Education (RSE) is about learning how to build healthy, respectful relationships, understanding changes during puberty, and gaining the knowledge and values needed to stay safe and prepare for adult life.

What do children learn?

- **Relationships Education (statutory): friendships, families, respect, kindness, consent, and online safety.**
 - **Health Education (statutory): physical and mental wellbeing, healthy lifestyles, and puberty.**
 - **Sex Education (recommended, not statutory): age-appropriate lessons on conception in Year 6.**
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When do they learn it?

- **Year 5 (S3): Introduction to puberty, first in single-gender groups and then in mixed classes before half term.**
 - **Year 6 (S4): Introduction to conception in the second half of the Autumn Term. Parents will be invited to view resources beforehand.**
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How will parents be kept informed?

- **Year 5: Class newsletters will give advance notice of puberty lessons.**
 - **Year 6: Parents will receive a letter before half term and be invited to an information session to view resources.**
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Can parents withdraw their child?

- **Parents cannot withdraw their child from Relationships or Health Education, or from Science curriculum content.**
 - **Parents can request withdrawal from the specific sex education lesson(s) on conception in Year 6. Please contact the Headmaster in writing.**
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How do we teach RSE safely and effectively?

- **Lessons begin with clear ground rules and use scenarios rather than personal stories.**

- **All teaching takes place in a safe, respectful environment.**
 - **Pupils with SEND receive additional support or adapted resources.**
 - **Teachers follow safeguarding procedures if concerns arise.**
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Who can I talk to?

- **Your child's class teacher**
 - **SMSC Lead (RSE Co-ordinator)**
 - **Headmaster**
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Merton Court School values working in close partnership with parents. Together, we can help children grow into happy, confident, and respectful young people.