

[Autumn 2 Relationships and Health Education Newsletter](#)

Welcome to the first edition of Coit's RHE newsletter. You will find information explaining what RHE is and some helpful resources which might support you at home.

[What is RHE?](#)

RHE stands for Relationships and Health Education. This new curriculum guidance was launched by the DfE in June 2019 and was supposed to become compulsory from September 2020. However, the implementation was delayed due to the pandemic. We have now launched this curriculum and are well underway teaching these sessions in class.

[Why do we teach it?](#)

[RHE is taught to ensure that our pupils](#)

- To promote healthy relationships
- To keep safe
- To promote physical health and mental wellbeing
- To educate children about different types of relationships, genders and sexual orientations
- To ensure children are aware of changes which will happen during puberty and when growing up
- To ensure children are safe online and are responsible users of the internet

[Parent Consultation Workshop](#)

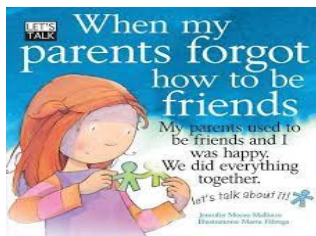
Thank you so much to all of the Coit and Ecclesfield parents who joined us via Zoom for our RHE parent consultations at the beginning of the Autumn term. It was so helpful and interesting to hear your views and ideas as to how we can best implement this new curriculum and support our more vulnerable pupils.

RHE Lessons in Autumn 2

The table below lists the different RHE sessions being taught during Autumn 2.

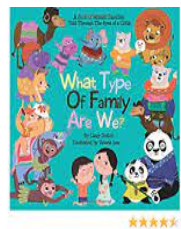
<u>Y1</u>	<u>Y2</u>	<u>Y3</u>	<u>Y4</u>	<u>Y5</u>	<u>Y6</u>
<p>Fr1) Who is my friend?</p> <p>P1) How do I help my body stay healthy?</p> <p>Os1) Screen time (L1)</p>	<p>Fr4) How do we stop bullying?</p> <p>Os2) Personal information</p> <p>L11. People make different choices about how to save and spend money</p> <p>L12. The difference between needs and wants; that sometimes people may not always be able to have the things they want</p>	<p>Fa1) Do families always stay the same?</p> <p>Fa2) Are all families like mine?</p>	<p>C1) How do we make the world fair?</p> <p>Os) Copyright</p> <p>C2) Where do you feel like you belong?</p> <p>C3) How can we help the people around us?</p>	<p>Fr1) What makes a close friend?</p> <p>M1) Does everybody have the same feelings?</p> <p>Os) Social Media anxiety</p> <p>Os) Fake news</p>	<p>C1) What is prejudice?</p> <p>Os7) Echo Chambers</p> <p>C2) What is the history of prejudice?</p> <p>C3) What should I do if I encounter prejudice?</p>

Book Recommendations-These are two of the books which may be used within RHE sessions to help support and explain the different topics being taught.



When my parents forgot how to be friends. Written by Jennifer Moore-Mallinos

This story details the events leading up to a divorce. One of the key themes is that the parents still love their child regardless of their marriage breakdown.



What Type Of Family Are we? Written by Lizzy Seaton

A book which looks at different types of families such as seperated families, single parent families, same sex parents and children who lives with their grandparents.