



# Hilltop First School and Foundation Stage

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Headteacher: Ms Lynn Bima

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Dear Parents and Carers,

As part of our commitment to working in partnership with families, I am inviting you to participate in the consultation for our updated Relationships, Sex and Health Education (RSHE) policy. As First Schools within Windsor, we have come together to create a shared policy so that as our children transition into middle schools at the end of year 4 they will have covered the same topics. Individual schools may deliver lessons using different resources or published programmes but the core content as outlined in the shared policy will be consistent. We will be using the 1decision programme supplemented by some of our existing resources.

In line with the Department for Education's updated statutory guidance, all schools are required to review their curriculum to ensure content remains relevant, safe, and entirely age-appropriate. Because our schools serve children from Reception to Year 4, our curriculum focus is strictly on building the foundations of healthy friendships, family life, personal safety, and physical health.

## What is covered in our First School curriculum?

For children aged 4 to 9, the RSHE curriculum is broken down into two mandatory categories:

- Relationships Education: Developing positive friendships, understanding family structures, showing mutual respect, anti-bullying, and recognizing how to stay safe online and offline.
- Health Education: Learning about physical health, mental wellbeing, healthy eating, basic first aid, and the emotional and physical changes that happen as we grow.

Please be assured that Sex Education is not taught at our school. Any lessons regarding human reproduction and anatomy are limited to the statutory National Curriculum for Science (such as life cycles).

## How you can review the materials

We want to be completely transparent about what will be taught and the resources we will use. You can access the following documents on our website from Monday: <https://www.hilltopfirst.co.uk/personal-social-health-education>

- Our draft RSHE Policy
- A curriculum outline showing topics covered in Years 1- 4

Parents wishing to see sample resources, and lesson outlines that would be used in the classroom should make an appointment to meet with myself.

## How to share your feedback

Your insights are incredibly valuable to us as we finalise our plans. You can share your thoughts by emailing me via the main school email address [office@hilltopfirst.co.uk](mailto:office@hilltopfirst.co.uk). The consultation period will run between Monday 6<sup>th</sup> July to Tuesday 14<sup>th</sup> July. Following that time, I will share any key parental feedback and the finalised policy.

While the final curriculum content must fulfil statutory legal requirements, this consultation ensures that your perspectives inform *how* and *when* these sensitive topics are introduced. I would like to reassure parents and carers that although the policy has been updated in line with dfe guidance, we are not proposing any changes to our RHE curriculum content from previous years.

Thank you for your continued support in helping us keep our children happy, healthy, and safe.

Yours sincerely,

Lynn Bima

Headteacher

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