



14th May 2021

Dear Parents/Carers

As a part of national frameworks for education, all children are supported to grow up healthy, happy, safe, and able to manage the challenges and opportunities of living in modern Britain. All primary age children are taught Relationships and Health Education.

These subjects are designed to equip your child with knowledge to make informed decisions about their wellbeing, their health and relationships as well as preparing themselves for a successful adult life. This learning supports children to maintain positive and safe relationships, including with family, friends and online.

As a part of the Relationships and Health Education (RHE) curriculum, by the end of primary school, pupils will be taught about:

<i>Relationship Education</i>	<i>Health Education</i>
Families and people who care for us	Mental wellbeing
Caring friendships	Internet safety and harms
Respectful relationships	Physical health and fitness
Online relationships	Healthy eating
Being safe	Drugs, alcohol and tobacco
	Health and prevention
	Basic first aid
	The changing adolescent body

The RHE curriculum is complemented by our Nishkam Virtues Program. Children begin to understand more about the varieties of family, relationships and friendships. They are supported to see the world positively, treating the kaleidoscope of humanity with kindness, consideration and respect.

As always, we would like to offer opportunities to share our content and resources, and would like to invite you to join our online parent workshops on the following dates:

Nishkam Primary School
Great Brickkiln Street, Wolverhampton, WV3 0PR
T 01902 537 970
www.nishkamschool.org
Head Teacher: Mr H. Dhanjal

Nishkam Primary School is a part of the Nishkam School Trust | Chief Executive Officer: Dr. B. S. Mahon Company Number: 7522245 | Registered Office: Nishkam School Trust, Head Office, Great King Street North, Hockley, Birmingham, B19 2LF



Workshop Name	For parents of pupils in:	Date and Time
- An overview of the Relationship and Health Education curriculum.	All year group parents; This is an ideal opportunity for new parents to view resources and understand how RHE is taught.	Friday 21 st May 10:30am
- Adolescence and Girls Menstruation	Year 4 and 5 parents;	Wednesday 26 th May 10.30am

You will receive Zoom login details via Class Dojo. Thank you for your continued support.

Your sincerely,

Mr H S Dhanjal
Headteacher