

10 November 2021

Dear Parents, Caregivers and Whānau

Relationships and Sexuality Education at Paparangi School



**Paparangi
School**

What is sexuality education?

Relationships and sexuality education (RSE) is part of the health and physical education area of The New Zealand Curriculum, and sits within the broader area of relationship education. In RSE children and young people learn about themselves and develop knowledge and skills about acting in positive and respectful ways with others.

Effective RSE takes a positive view of sexual development as a natural part of growing up. It is vital to the overall well-being of young people. In New Zealand health and physical education is compulsory in years 1-10 and can be taken as an option in years 11-13 with NCEA achievement standards.

The 'Navigating the Journey' resource created by Family Planning, that is taught in our school, is a recommended resource and was selected because it supports our teachers to deliver a quality programme. The school also has access to experts and facilitators who have run professional development for staff and a parent evening for junior families. The teachers are well supported by our Senior Leadership Team to plan and deliver professional and suitable RSE programmes.

The RSE guidelines were updated in 2020 by the Ministry of Education. These guidelines assist schools to teach and develop in their students:

- Knowledge of issues and concerns around coercion, consent and safety in relationships
- Effective and assertive communication skills
- Awareness of ethics and of their own personal values
- Respect for the feelings and decisions of others

The Board of Trustees has confidence in the programme delivered at our school. The kinds of things our students learn in RSE are appropriate for their age:

- friendships
- different kinds of families
- respect for each other and people who are different from them
- puberty
- body development and image
- human reproduction
- risks and issues that can arise online and when using social media

As part of the preparation for delivering RSE programmes, each syndicate notifies families of the upcoming programme, the timeline for lessons, opt-out guidelines and also run an information session for parents. This year Rakau Nui were able to run their presentation in person but the Y1-3 teams moved online due to Alert Level 2 conditions. Once the RSE programme begins teams send home weekly notices with a summary of upcoming lessons.

A school does not need to seek parents' or caregivers' permission for students to participate in the RSE programme. However, according to the Education and Training Act 2020 (section 51), parents or caregivers may write to the principal requesting to have their child excluded from any particular element of sexuality education in a health education programme. The Principal is required to ensure that the student is excluded from the relevant tuition and that the student is supervised during that time.

Every two years a school's community is able to contribute to the development of the school's Health Education Curriculum, as part of the Health Education Community Consultation. In our school this is due within the next four months. We encourage our families to have their say using the appropriate forums available to them. Team Leaders are also available to answer questions parents may have about aspects of the RSE programme and parents are encouraged to approach staff with their queries.

We encourage families to seek reputable sources of information about this topic. Click here to go to the '[Sexuality Education](#)' pamphlet produced by the MOE which provides additional information for parents, families and whānau. There are other resources available free online to families:

- [Ngā Kākano](#)
- [Open and Honest](#)
- [Q & A Growing Up](#)

Kind regards

Helen Ashton
Board of Trustees Chairperson/Presiding Member
Paparangi School Board of Trustees
helena@paparangi.school.nz

Tracey Arthurs
Principal
Paparangi School
principal@paparangi.school.nz