RSHE NEWSLETTER

Relationships, Sex and Health Education
Autumn Term 2026

Welcome to our first RSHE newsletter!

We are excited to share some of the things our young people have been learning about in Relationships, Sex and Health Education (RSHE) at Fairmead School.

Our RSHE curriculum helps young people develop important skills for life, including relationships, feelings, keeping safe, looking after themselves and understanding the world around them. Learning is adapted to meet the individual needs and understanding of our young people.



Supporting learning at home

Please take a look at our updated RSHE curriculum web page. Here you can see what your young person will be learning about each half term. We hope this will help you to talk about and reinforce their learning at home, using approaches that work best for your young person.

💛 Working together helps our young people build confidence, understanding and important skills for life.



Scan this QR code to find out all about RSHE at Fairmead

This term in RSHE, we have been learning about belonging, families and relationships. Young people have explored who is important to them, that families come in different forms, and been developing the skills needed to build safe and positive relationships. At Fairmead, all RSHE learning is adapted to meet individual needs and is taught in a supportive and inclusive way.

Hello Yellow Day

YOUNGMINDS

On Friday 9th October, we supported Hello Yellow Day as part of World Mental Health Day. Our young people and staff wore something yellow to help raise awareness of mental health and wellbeing. It was a lovely opportunity to remind our young people that our feelings matter, it is okay to talk about how we feel, and there are always people who can help and support us. 💛







FAIRMEAD SCHOOL

www.fairmeadschool.com/curriculum/rshe

Specialist Education and support for children aged 4 to 16

ACTIVITIES TO TRY AT HOME

Here are some simple activities you could try at home to support your young person's RSHE learning. Choose the ones that are right for your young person and adapt them using photos, symbols, objects or communication aids where helpful.

Primary Activities

My Trusted People

Use photographs of adults your young person knows, such as family members, school staff and other trusted adults.

Look at the pictures together and ask:
"Who could you tell if you were worried?"
"Who could help you at school?"
"Who could help you at home?"

You could make a small "My Trusted People" card or keyring containing photos of the people your young person can go to for help.

Our Belonging Wall

Create a small display on the fridge, wall or noticeboard using photos of the important people and pets in your young person's life.

Use the photos to start simple conversations such as:
"Who is in our family?"
"Who lives in our house?"
"Who helps you?"
"Who can you talk to if you are worried?"

You could add names or symbols underneath each photograph.

People Who Care for Me

Use dolls, figures, puppets or your young person's favourite toys to explore the different people who help and care for us.

Act out familiar situations, for example:
"Dad helps me get ready."
"My teacher helps me at lunchtime."
"Grandad looks after me."

Encourage your young person to identify the different people who help them at home, school and in the community.

Keep it simple: Photos of real people may be more meaningful than toys or figures for some young people.

Remember

Young people do not have to choose just one trusted adult. Helping them recognise several people they can talk to gives them different options when they need support.

ACTIVITIES TO TRY AT HOME

Secondary Activity

Our Family Media and Connection Plan

For many young people, phones, gaming and online communities are an important part of friendships, interests and feeling connected. Being online can provide positive opportunities for children and young people to communicate and form friendships. [nspcc.org.uk]

Try sitting down together to create a simple family plan that respects online friendships while also making time for family life.

Talk about:

- When do we like using our devices?
- Which games, apps or online activities are important to us?
- Are there times we'd like to put our devices away?
- How can we stay connected with friends safely?
- What could we do together as a family?
- Who can I talk to if something online worries me?

Rather than making all the rules for your young person, try to agree the plan together.

You could start with:

"Your online time is important to you. How can we make time for that and have some family time too?"

Remember

Every family and every young person is different. A plan should be realistic, accessible and appropriate for your young person's individual needs and understanding. The NSPCC's family online agreement guidance similarly encourages families to agree expectations together and adapt them to individual needs and abilities.



OUR APPROACH



Our approach to safety, consent and personal boundaries

RSHE learning is carefully adapted to each young person's developmental level and individual needs. Topics are taught sensitively using accessible communication and appropriate resources, with a strong focus on safeguarding, consent, personal boundaries and knowing how to ask for help.

Helpful resource for families

NSPCC Family Online Agreement

A useful template to help families talk about online life and agree boundaries together has been added at the end of this newsletter.



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RSHE IN ACTION



On Thursday 1st October, Deer Class and a group of our young people enjoyed an exciting visit to Avon and Somerset Police and Fire Headquarters in Portishead. We learned about the police force, emergency calls and the important work of the emergency services, as well as touring the call handling centre. We also enjoyed lunch alongside police staff in the main canteen.

The highlight of the day was a surprise visit from a police car, complete with flashing lights, sirens and a special shout-out to "Fairmead young people!" It was a fantastic and memorable experience for everyone!



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HELP AND SUPPORT FOR YOUNG PEOPLE

Scan a QR code or use the website link to find trusted information and support. Parents and carers may also find these services useful.

Young Somerset

Youth, wellbeing and mental health support
https://www.youngsomerset.org.uk/

Mind in Somerset

Mental health information and support
https://www.mindinsomerset.org.uk/our-services/young-people/

Kooth

Online mental wellbeing support
https://www.kooth.com/

2BU Somerset

Support for LGBTQ+ young people in Somerset
https://www.2bu-somerset.co.uk/

SWISH

Somerset sexual health information and services
https://www.swishservices.co.uk/young-people

Need help choosing the right service?
Email the school office
office@fairmeadschool.com

Our family online agreement

O2 | NSPCC

Let's keep kids safe online

Creating a family agreement is a great way to start conversations about online safety. Make sure you regularly review what you have agreed together to keep this up-to-date.
For more information visit Net Aware.

_____ agree(s) to:

(e.g. check before I download a new app)

Signed: _____

_____ agree(s) to:

(e.g. check with my child before I share photos of them online)

Signed: _____

We both agree to:

(e.g. regularly talk about what we enjoy doing online and why, just as we would with offline activities)

