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Executive Headteacher – Mrs Atwal

Friday 23rd May 2025

Dear Parents and Carers,

Relationships, Sex and Health Education (RSHE)

Relationships, Sex and Health Education (RSHE) is an important part of our school commitment to provide pupils with the knowledge and skills they need to keep themselves safe, make healthy choices, develop respect for themselves and others, and to help them form positive and healthy relationships.

Before we teach this year's sex education lessons, we would like to give parents the opportunity to contact school with any questions.

There will be a series of 4 lessons and these will be supported by a collection of videos.

You may view the videos that we will be sharing with the children by following the link below – these will be useful to view, even if you are unable to make the meeting in person.

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made/zrnnf82>

The government guidance for Relationships, Sex and Health Education (2019) outlines statutory learning outcomes for all primary aged pupils from September 2020.

We very much value and respect your primary role in teaching your children about healthy relationships, looking after themselves and keeping safe. We want teaching in school to complement and build on what pupils are taught at home.

We deliver our curriculum through dedicated lesson time, in addition to any cross-curricular learning e.g. assemblies and peer mentoring groups. Our lessons are progressive from year 1 to year 6. They contain activities and videos that are engaging and purposeful, as well as developing their learning and understanding in an age-appropriate way. The teaching will take place in a safe learning environment and is underpinned by our school ethos and values.

In addition, as recommended by the Department for Education (DFE), we also teach non-statutory elements of sex education in an age-appropriate way in Year 6.

In years 3 to 6, pupils cover the following content during this term:

Growing and changing unit	Taught lesson objectives
Year 3	<ul style="list-style-type: none"> • Everyone is individual and unique and can make valuable contributions. • To recognise how strengths and interests form part of a person's identity • Personal strengths and interests, in and out of school. • Common challenges. • The human life cycle and how people grow from young to old. • How our needs and bodies change as we grow up. • To name the main parts of the body including external genitalia (e.g., vagina and penis) • The importance of revisiting and recapping on the NSPCC PANTS Campaign.
Year 4	<ul style="list-style-type: none"> • Name external genitalia • The importance of personal hygiene routines, including washing regularly and wearing deodorant when required. • How to recognise, respect and express their individuality and personal qualities. • Ways to boost their mood and improve emotional wellbeing. • About the link between participating in interests, hobbies and community groups and mental wellbeing.
Year 5	<ul style="list-style-type: none"> • Name external genitalia and reproductive organs. • What is personal identity? • How puberty changes can affect emotions and feelings. • Your body belongs to you. • Questions about puberty and change, including periods and wet dreams. • The importance of personal hygiene routines. • Discussing the challenges of puberty with a trusted adult. • How to get information, help and advice about puberty.
Year 6	<ul style="list-style-type: none"> • Recognise some of the changes as they grow up e.g., what it feels like to become more independent. • Managing transition and change as they move to secondary school. • Practical ideas to manage change e.g., to practise bus route and think about daily organisation skills. • Name external genitalia and reproductive organs • How puberty changes can affect emotions and feelings. • Questions about puberty and change, including periods and wet dreams. • Discussing the challenges of puberty with a trusted adult • How to get information, help and advice about puberty. Sex education: • To identify the links between love, committed relationships and conception • What sexual intercourse is, and how it can be one part of an intimate relationship between consenting adults • How pregnancy occurs i.e. when a sperm meets an egg and the fertilised egg settles into the lining of the womb • Pregnancy can be prevented with contraception. • Responsibilities of being a parent or carer and how having a baby changes someone's life.

Teachers will always answer any questions from pupils in an age-appropriate and factual way and there will be no personal bias or judgement.

Questions will be answered in one of the following ways: an answer will be provided to the whole class, an individual answer given to the pupil, or, on the very rare occasion, by contacting parents/carers if we feel the question would be better handled within the home setting.

Please visit the school's website if you would like to know more about our curriculum.

Please contact us if you have any questions or comments about this statutory area of learning. **In line with legislation, parents/carers have the right to withdraw their child from the sex education lessons (Year 6).** The lessons we teach come under the 'Growing and Changing' area of learning. We are happy to discuss and talk you through the content of these lessons. If you would like to exercise your right to withdraw your child in year 6 from these specific lessons, please contact me.

Yours sincerely,

Mrs Reckless
(Subject lead for Relationships, Sex and Health Education)