

24th May 2023

Dear Y6 Parent/Carer,

As part of the school's Personal, Social and Health Education programme, during the summer term your child will receive lessons on relationships, health, hygiene and puberty.

Nowadays there is a vast amount of, sometimes confusing, information about relationships on the internet, on TV, in magazines, etc which young people may have access to, and this can sometimes make an already confusing time seem even more complicated!

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop knowledge and understanding which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school should reinforce what you are already doing at home.

The key aims of RSE are to:

1. Provide accurate and relevant information about the physical, social and emotional changes that children and young people will experience through their formative years and into adulthood.
2. Establish an awareness of the importance of positive relationships.
3. Foster self-awareness and self-esteem.
4. Develop a sense of responsibility and respect for themselves and others.

The sessions will involve watching a series of films (available for you to view at https://www.healthpromotion.ie/health/inner/busy_bodies):

- Introduction
- What happens during puberty
- How boys' bodies grow and develop during puberty
- How girls' bodies grow and develop, including menstruation
- How babies are made
- Looking after you

As a school we have now chosen to include the 'How babies are made' section of the Busy Bodies series in our Year 6 sessions. This is because we feel that children are exposed to exaggeration and misinformation through peer talk and what they observe in the media. Our children will be more confident and therefore less vulnerable if they are informed of the facts. 'How babies are made' is the only area of learning that is not statutory and therefore you are allowed to withdraw your child from this session.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner. An anonymous question box will be available for pupils to be able to ask questions or clarify their understanding throughout the half term.

Parents and carers also play a vital role in talking to children about this part of growing up and keeping themselves safe. There are lots of resources to help parents deal with questions from their children, for example:

- Usbourne books 'What's happening to me?' (One specifically for boys and one for girls),
- internet matters - parents guide for on-line safety
- <http://www.nhs.uk/livewell/puberty/pages/pubertyhome.aspx>

Many manufacturers e.g. 'Always' and 'Dove' also have some interesting teaching and learning materials available on-line.

Please follow the link below to acknowledge and give consent to receipt of this information. If you would like any further information please do not hesitate to contact school and make an appointment to see Mrs Edmunds (PSHE lead) to discuss the matter further.

<https://forms.office.com/e/4SsYwKkcVq>

Yours sincerely

Mrs Linfoot, Mrs Pierce, Mrs Lovatt, Mrs Botterill, and Mr Baranyai