



Monday 7th March 2022

Dear Parent/Carer,

Year 6 PSHE and Relationships Programme

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On Thursday 17th March, our school will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE / SCARF programme to Year 6. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020 relationships education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The workshops, led by an experienced, trained CLE educator, will be delivered to our Year 6 pupils and will focus on body changes and keeping safe. Your Year 6 child will be exploring these themes through examining the following questions:

- How will my body and emotions change as I approach and move through puberty?
- Why are girls and boys bodies different?
- Which parts of my body are private?
- How do I feel about growing up and changing?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone and keep myself safe without hurting their feelings?
- Who can I talk to if I want help and advice, or am worried about someone else?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable or if someone isn't respecting my personal boundaries?
- What is personal and private information?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that adults who reported that *lessons at*

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school were their main source of information about sex were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these questions with your child at home as well.

If further advice or support is required please do not hesitate to speak to your child's class teacher or myself.

Yours Sincerely

Mrs A Grist
Headteacher