



17<sup>th</sup> June 2021

Dear Parents and Carers,

From September 2020 relationship and sex education is compulsory in Primary Schools.

At primary level this will cover:

- Puberty and how our bodies change, including menstruation and wet dreams
- Puberty and how it affects our emotions
- Puberty and why personal hygiene is so important
- How to ask for support about growing and changes
- How positive friendships and relationships are formed
- That people are attracted to and love each other can be of any gender, ethnicity or faith
- What constitutes a healthy relationship
- How mental and physical health are linked
- Strategies we can use to support our mental health
- How we can look after our physical health
- What makes a healthy lifestyle
- How legal and illegal drugs affect our health, lifestyle and life changes
- About the reproductive organs and process, including how babies are conceived and need to be cared for.

All of the above have been aspects of our science and PSHE curriculum for many years especially in year 6.

The DfE, the Trust and the school recognise that it is important for our children and young adults to access this learning before they reach puberty, so that they are informed and equipped to deal with the changes they will face.

Therefore, some aspects are now covered in year 5 during the summer term.

Later this term, we will be covering the first four bullet points as part of our PSHE curriculum.

A parent does have the right to ask for their child to be removed from these lessons. However it would then be their responsibility to ensure their child has the key knowledge and understanding needed to understand the above.

If you have any questions or concerns about the subject matter, please feel free to contact school to discuss this.

If you do not want your year 5 child to participate in the RSE lessons this half term, please complete the slip below and return to school asap.

Mrs Thornhill  
(Acting Head of School)

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Name of child \_\_\_\_\_

I do **not** wish my child to participate in the RSE lessons, covering puberty this half term.

Signed \_\_\_\_\_