



Dear Parent/Carer,

Re: Year 5 and 6 Relationships Education and Health Education

We will shortly be beginning some work in year 5 and 6 about 'Growing and Changing'.

A very important part of the work will be to make sure all the children understand that the parts of their bodies under their pants and vest are private. We will learn about trusted adults to talk to and how to get help.

We will be learning about how our bodies change as we get older and how to manage these changes and keep our bodies clean and healthy. Children will also think about how their friendships and responsibilities might change as they get older, how their feelings and emotions might change and how to ask for help if they need it.

Most of this learning is part of Science, Relationships Education and Health Education which is compulsory (since September 2020). You may be aware that you can withdraw your child from 'Sex Education'. Our school policy explains that this is learning about how babies are made and born. In Year 3/4, we teach that babies are made from a seed and an egg (but not how these join together). In Year 5/6, we teach about human sexual reproduction, how the sperm and egg join together and the ways babies are born.

This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school.

Our programme in Year 5 and 6 is carefully tailored to the age and needs of the children. Our main areas are the concepts of puberty, learning about reproduction and changing emotions and responsibilities. We have an important duty to talk about puberty with the children before they reach it, so we can reduce the fear and worry that some may feel.

Your children will be engaging with the following questions as part of this work:

- **What are male and female sexual parts called and what are their functions?**
- **How can I talk about bodies confidently and appropriately?**
- **What happens to different bodies at puberty?**
- What might influence my view of my body?
- **How can I keep my growing and changing body clean?**
- **How can I reduce the spread of viruses and bacteria?**
- What are different ways babies are conceived and born? (Sex Education)
- **What effect might puberty have on people's feelings and emotions?**
- **How can my words or actions affect how others feel, and what are my responsibilities?**
- **What should adults think about before they have children?**
- **Why might people get married or become civil partners?**
- **What are different families like?**

Bold from either of the statutory areas, Relationships Education or Health Education



We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues.

These are some useful sources of support:

To read the government guidance for Primary parents on RSE follow this link

[Understanding Relationships and Health Education - a guide for primary school parents \(publishing.service.gov.uk\)](https://publishing.service.gov.uk/government/publications/understanding-relationships-and-health-education-a-guide-for-primary-school-parents)

For information about your rights and SRE download the leaflet SRE and Parents from

[:https://www.gov.uk/government/publications/sex-and-relationship-education](https://www.gov.uk/government/publications/sex-and-relationship-education)

For some ideas on how you might want to answer your children's questions go to

[Relationships Education: The Big Talk - BBC Teach](https://www.bbc.com/teach/relationships-education-the-big-talk)

For information and videos clips on talking about RSE to your children, try:

www.familylives.org.uk/how-we-can-help/parentchannel-tv/

[How to talk about sex! - BigTalk Education](https://www.bigtalkeducation.com/)

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/>

Family Lives offers help and advice to parents and carers on any aspect of bringing up children:

www.familylives.org.uk

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children. If you would like to find out more about our topic, please arrange a time to come and chat to your child's class teacher. If you would like to discuss any issues relating to our work on RSE, please contact me. Further information is also available in our RSE policy and other available documents which are available on the school website:

<http://www.bentleycopdock.co.uk/page/relationships-and-sex-education/57640>

Yours sincerely,

Mrs Joanne Austin
Headteacher