

# ALL SAINTS' CHURCH OF ENGLAND PRIMARY SCHOOL

Dogsthorpe Road, Peterborough PE1 3PW Telephone: 01733 563688



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## *Loving to learn, learning to love*

Dear Parent/Carer,

### Re: Year 6 Relationships, Health and Sex Education

In school we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships Education and Health Education, which are statutory parts of the broader subject, PSHE. As part of our programme we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school. There is more information about the areas your child will be covering below.

We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home. We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available from the school's website.

We will shortly be beginning some work in Year 6 which forms part of an ongoing programme of RSE, which we deliver throughout the school. This topic covers some elements of Relationships Education, Health Education and a (non-statutory) lesson of Sex Education. Your children will be engaging with the following outcomes and questions as part of this work:

### Lesson 1 – Week Beginning: 21<sup>st</sup> June 2021

#### What happens to different bodies at puberty?

*We are learning to know and understand about the physical changes that take place at puberty and how to manage them.*

- This lesson will take place in single sex groups taught by teachers the same gender as the children.
- Children will learn about key physical changes in puberty which come into effect from the ages 9-11 in boys and girls.
- Puberty is defined as "the time when your body begins to develop and change as you move from a child to an adult – caused by hormones" and does not refer to reproduction in any way.
- Diagrams used will be of a generic human outline only.
- Children will have the opportunity to pose questions in a written format only – only questions within the scope of the lesson will be answered.

### Lesson 2 – Week Beginning: 21<sup>st</sup> June 2021

#### What happens to different bodies at puberty?

*We are learning to develop confidence in managing menstrual wellbeing.*

- This lesson is for the year 6 girls only and will be taught by female members of staff.
- The girls will learn about how to look after their mental and physical health during their period.
- This lesson will not refer to any other aspects of the menstruation cycle.
- The girls will have the opportunity to look at and compare some age appropriate feminine hygiene products – namely sanitary towels (disposable and reusable) and menstruation knickers (disposable and reusable).
- Children will have the opportunity to pose questions in a written format only – only questions within the scope of the lesson will be answered.

### Lesson 3 – Week Beginning: 21<sup>st</sup> June 2021

#### How are babies are conceived and born?

*We are learning to understand sexual reproduction and the growth and birth of babies.*

- This lesson is non-statutory – you have the right to withdraw your child from this session if you wish.
- This lesson will take place in single sex groups taught by teachers the same gender as the children.
- In order to understand the concepts in this session, children will learn the names of some of the internal female body parts.
- 'How babies are made' (conception) will be taught using a pre-prepared script with no accompanying video or illustrations.
- 'How babies are born' (birth) will be taught using a pre-prepared script and accompanied by the scientific cross-sectional birth animation which can be found at <https://www.youtube.com/watch?v=duPxBXN4qMg>.
- Children will have the opportunity to pose questions in a written format only – only questions within the scope of the lesson will be answered.



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### **Lesson 4 – Week Beginning: 28<sup>th</sup> June 2021**

#### **What effect might puberty have on feelings and emotions?**

*We are learning to be able to recognise changing emotions with friends and family and be able to express feelings and concerns positively.*

- In mixed gender groups, children will learn about key mental changes in puberty.
- A large focus of the lesson will be broadening the children's vocabulary in order to verbally express their feelings.
- We will watch the video Brain Development in Teenagers [www.youtube.com/watch?v=dISmdb5zfiQ](http://www.youtube.com/watch?v=dISmdb5zfiQ)
- Children will learn to recognise, analyse & manage processes for coping with feelings and apply these to several age appropriate scenarios.

### **Lesson 5 – Week Beginning: 5<sup>th</sup> July 2021**

#### **What might influence my view of my body?**

*We are learning to understand how the media, families and friends can influence attitudes to our bodies.*

- In mixed gender groups, children will discuss why people follow fashion and the problems that this may cause – including factors associated with wellbeing.
- Children will watch the Susan Boyle X-Factor Audition (<https://www.youtube.com/watch?v=yE1Lxw5ZyXk>) to help them come to the conclusion that physical appearance is not a measure of character or worth.
- Children will have the opportunity to debate some statements about the impact of social media on attitudes to our bodies and conclude with a challenge to comment on photos without mentioning physical appearance.

### **Lesson 6 – Week Beginning: 12<sup>th</sup> July 2021**

#### **What values are important in a relationship?**

*We are learning to consider different types of relationships (families, friendships, marriages) and draw conclusions about why these are successful.*

- In mixed gender groups, children will consider which values are important in order to form a good relationship with family and friends.
- They will compare these values with those shown by the characters in:
  - The Worst Princess [www.youtube.com/watch?v=Pa3wPCtRQes](http://www.youtube.com/watch?v=Pa3wPCtRQes)
  - The Boy Who Grew Flowers <https://www.youtube.com/watch?v=pTLJqxGhNdU>
- Finally, children will be shown a montage of marriage ceremonies depicting a wide range of different unions to support their understanding that the individuals making this commitment, based on shared values, intend it to be lifelong.

We encourage you to discuss these areas with your children before, during or after the lessons, as children say that they greatly value being able to talk with their parents/carers about their learning.

If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact a teaching member of staff in Year 6 or the Head Teacher

Yours faithfully,

