

28 June 2024

Dear Parents/Carers

RE: 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) teaching. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

Over the next couple of weeks, Year 6 staff will be delivering some relationships and sex education (RSE) aspects of our PSHE programme to Year 6. These sessions will be run separately for girls and boys. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. The design of the programme takes into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The workshops 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:

- 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?
- What kind of physical contact is unacceptable and how should I respond?
- How will my body and emotions change as they approach and move through puberty?
- How do I feel about growing up and changing?
- How do humans reproduce?
- Can people of the same sex love each other? Is this ok?
- What do I do if someone wants me to do something I know is wrong or makes me feel uncomfortable?
- How can I say 'no' to someone and keep myself safe but without hurting their feelings?
- Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that arise from the children during the workshop 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 your children's needs.

The Year 6 team will be running a parent workshop which will give you a greater understanding of the information being taught to your children. If you wish to attend, please complete the reply slip below. It will be held on **Monday 8 July at 3:00 in the KS2 hall.**

See Page 2 overleaf

Please note that this is strictly a parent meeting and no children are allowed to attend. We aim to finish the meeting at 3:25.

We recognise that parents 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 you have any questions about the programme and resources or would like to view the resources, please do not hesitate to contact your child's class teacher.

Yours sincerely

Miss Leung
Year Group Leader

Please complete and return to your child's class teacher ASAP

Year 6 RSE Meeting

Child's name: _____ **Class:** _____

- I **will be** attending the Year 6 RSE meeting on Monday 8th July at 3.00pm
- I **will NOT be** attending the Year 6 RSE meeting on Monday 8th July at 3.00pm.