



Monday 19th November 2018

Dear Parents and Carers,

Our PSHE & RSE Programme in Years 5 and 6

We believe that 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). This looks at many topics including all kinds of relationships, physical and emotional health and living in the wider world. The aim of the PSHE is to help our children make safe and informed decisions during their school years and beyond.

This week your children will be taught about body changes and growing up. We have invited an experienced RSE Schools Consultant, Rebecca Jennings, to work with our staff to teach the children about puberty, hygiene, body change and the feelings they may experience at this time. During these sessions, the children will be able to ask questions, which will be answered factually and in an age appropriate manner.

Some parts of RSE are compulsory - these are part of the National Curriculum for Science and from the 2019 'Relationships Education' curriculum. Parents and Carers can withdraw their children from some parts of RSE if they wish to do so however we believe that the presentation of misinformation in social and other media make it important that all young people have a place to discuss pressures, check facts and dispel myths. Even if a child is withdrawn, it is likely that the children will discuss such issues with each other outside the classroom – so, rather than hear about the content second-hand, we hope that all children will have the opportunity to take part in our carefully planned lessons.

You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child about issues before the work is covered in school.

We invite you to attend a Parent and Carer Session with Rebecca on Friday 23 November at 9am. In this session, Rebecca will be providing advice, techniques and guidance on how to discuss changes, growing up and puberty at home in an age appropriate manner.

If you would like to attend the session, please complete the attached slip. Please speak to your child's class teacher if you have any questions.

Many thanks for your continued support.

Yours sincerely,

N Rezai

Natasha Rezai
Headteacher