



Dear Parent/Carer,

Today there is a vast amount of information about relationships and sex on the internet, on TV and in magazines, which young people may have access to, and this can sometimes make an already confusing time seem even more complicated. Therefore, as part of the school's PSHCE curriculum, your child will soon receive lessons on relationships, health and hygiene and puberty.

The purpose of **Relationship and Sex Education (RSE)** is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of RSE are to:

- Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- Establish an awareness of the importance of a family life and relationships, including the responsibilities of parenthood and marriage.
- Foster self-awareness and self-esteem.
- Develop a sense of responsibility and respect for themselves and others.

There will be 3 lessons per year group, per year and as a school, we have purchased an established scheme so all lessons and resources are matched appropriately to each year group. This will ensure all teachers use the same terminology and only teach what is within their year group. Queen Mary Infants have also purchased the scheme as it builds on from foundation stage, therefore your children will be able to continue with the appropriate stage.

You are welcome to view curriculum learning materials and resources on our school website. Here, you will be able to see what your children will be learning. Look at the school's RSE policy and raise any questions you have.

Year 6

Year 6 will be taught about their bodies, puberty and preparation for reproduction and that they have the right to say what happens to their bodies as part of Relationships Education. There are many overlaps with national curriculum for science which includes teaching about reproduction in animals and plants. You can ask for your child to be excused from teaching of human sexual reproduction.

Year 3-6

Every child will be taught about their bodies and that they have the right to say what happens to their bodies as part of Relationships Education. This is to enable children to keep themselves safe from abuse and exploitation.

Every child will be taught about how their body and brain will change as they get older as part of Health Education. They will get year group appropriate teaching about puberty and how to manage it.

Every child will explore attitudes, stereotypes and behaviour to build self-awareness and confidence.

Every child will explore how to ask trusted adults for help and how to be supportive to their peers.

We welcome any comments from parents at this stage about our RSE programme. Please either message via the ScholarPack app or email the school office at office@williambarcroft.ne-lincs.sch.uk with the title RSE.

As parents you can withdraw your child(ren) from the human sexual reproduction part of RSE programme. Please write to Mrs Asher stating your child's name and class before Friday 28th May 2021.

Thank you,
Rachel Asher
PSHCE Subject Leader