

Dear Parent / Carer,

As a school, we are committed to providing all pupils with a planned Personal, Social, Health and Education (PSHE) programme to enable them to acquire the knowledge and skills they need to develop an understanding of themselves, to have empathy, and to develop the ability to work with others. As part of the planned programme, we teach pupils about, 'Me and My Relationships' which covers aspects of Sex and Relationships Education. The aim is to ensure pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe.

Teaching staff approach this aspect of the curriculum very sensitively and are aware of how it contributes to pupils' development through supporting them to develop healthy relationships, keep themselves safe and to have the skills to positively manage the physical and emotional changes that will happen as they grow up. We will be using the following online resource to support the teaching of our Sex and Relationships programme as recommended to us by the local authority: [https://www.healthpromotion.ie/health/inner/busy\\_bodies](https://www.healthpromotion.ie/health/inner/busy_bodies)

Year 5 and 6 pupils will learn about all the male and female body parts and the ways in which boys and girls grow and develop in puberty, both physically and emotionally. Girls and boys shall be taught separately whilst staying within their bubble. (Video clips to be shown are: Introduction, What happens during puberty, How boys' bodies grow and develop during puberty, How girls' bodies grow and develop, including menstruation,) This will all be taught next week. Year 6 pupils only, will further develop their understanding of the physical and emotional changes they go through at puberty and about human reproduction ('How babies are made' video clip). This will also be taught next week.

Parents and carers also play a vital role in talking to your child(ren) about this important part of growing up and keeping themselves safe. To help you understand the type of questions children of different ages may ask, and how to best respond to them, further information can be obtained from the family planning association website - parent/carers section at <http://www.fpa.org.uk/help-and-advice/advice-for-parentscarers>.

Some aspects of this curriculum are delivered through the Science National Curriculum and some through the PSHE curriculum. Parents/carers do have the right to withdraw your child from the PSHE curriculum but we would ask that you contact us to further discuss your concerns before Tuesday 30th September as our first session will be on that day.

If you have any questions please contact your child's teacher.

Thank you for your support.

Mr Symes ,and Mrs Cameron



*Living Life in all its Fullness John 10:10*

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