

Dear Parents and Carers,

This term our PSHE lessons will be focusing on Growing Up and Keeping Safe. This will include elements of Sex and Relationships Education.

At Perrymount we want our young people to grow up healthy, safe and informed and be able to make positive life choices. Sex and Relationship Education supports young people in developing self-confidence and prepares them for the physical and emotional changes they will encounter as they grow into adults.

It will be taught in an age appropriate manner and be respectful and sensitive to our diverse community.

Detailed below are the curriculum outcomes for your child.

**Relationships Education curriculum – Pupil Learning Outcomes (Y6)**

- Describe the physical and emotional changes that occur during puberty and how to manage these (recap from Y4/5).
- To identify the myths and facts surrounding puberty.
- Describe changes that happen as we grow up.
- Identify a range of feelings associated with change and describe physical strategies to cope with growing up.
- About what constitutes a positive, healthy relationship and that relationships can change over time.
- About adult relationships and the human lifecycle.
- About human reproduction (how a baby is made and how it grows).

Relationships education is a statutory requirement of the national curriculum, however how a baby is made and how it grows is not. Taking this into consideration, by Year 6, it is likely pupils will have some idea about how babies are made. Although it is possible they may have some misconceptions, very few pupils believe myths or make-believe stories. Having an understanding of how babies are conceived is an important foundation for the compulsory Relationships and Sex Education they will receive in secondary school. Parents and carers do have the right to withdraw their child from this aspect of Relationship Education. However, should you consider this, please first talk this through with your child and then, if necessary, contact the Headteacher by letter. Consequently, please reflect on what alternative arrangements you will make to ensure that your child has access to Relationship Education and advice.

A copy of our Relationships Policy is available from the school office.

With Thanks

Nina Wilson  
Deputy Headteacher