



6th March 2026

Dear Parent/ Carer,

Year Six: Relationships Education and Health Education

In school, we aim to help children to learn to respect themselves and others; to move safely and confidently from childhood through adolescence, into adulthood. We deliver much of this work through Relationships and Health Education, which are statutory parts of the broader subject PSHCE. As part of our programme, we provide Relationships and Sex Education (RSE). This programme begins as soon as children arrive in school and continues until the end of secondary school.

We are very aware that the RSE we deliver in school is only a small part of children learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home. We hope this letter gives you some more information about our partnership in developing children's knowledge, skills and attitudes relating to RSE. Our Relationships Education Policy, which covers RSE, is available to read on our website.

Next half term, Year Six will be completing the Sex Education part of the Relationship and Sex Education unit of work. This will include a review of the menstruation cycle/changes through puberty and internal and external sexual organs. **It will also include how babies are conceived and born (Sex Education).**

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues. The sessions are due to start on the week commencing 13th April and will be weekly until the end of term. The first lesson will be a recap of previous learning.

These are some useful sources of support:

To read the government guidance for Primary parents on RSE follow this link:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf

For information on talking about RSE to your children, we suggest:

www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/

www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexual-behaviour-children-young-people/

You have the right to withdraw your child from the elements of our programme defined as sex education i.e. learning about human conception and birth. This is all covered in a single lesson this year. Please contact the office if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact the office who will forward your questions to the class teacher and Head of Year.

As part of the learning, children will be shown age-appropriate clips to support the lessons. You are welcome to watch these clips, without the children present, at 3:20pm on Tuesday 14th April. Please contact the school office if you would like to arrange a viewing of these clips. Due to limited space we may need to organise an additional date. If this is the case, we will contact you with an alternative date and time.

We have carefully reviewed the resources we use to support our teaching to ensure they are appropriate to the age and needs of the children.

Yours sincerely,

Miss Angela Connor
Head of Upper School