

With God's love, we learn hand in hand



1st March 2022

Dear Parent and Carers,

As a part of your child's education at Sigglesothorne Church of England Primary Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, over the next term, starting w/c Monday 7th March, your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Pupils have already focused on:

- recognising their individuality and personal qualities
- identifying their personal strengths, skills, achievements and interests and how these contribute to a sense of self-worth
- how to manage setbacks/perceived failures, including how to re-frame unhelpful thinking

And they will now progress their learning to understand:

- about how hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- that for some people gender identity does not correspond with their biological sex
- to identify the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
- about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)

Pupils will also have opportunities to ask questions.

Year 5 and 6 will then build on these sessions with our school nurse in July, discussing changes at puberty and processes of reproduction and birth as part of the human life cycle; Year 6 pupils will cover how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for. A letter of consent for your child to participate in the school nurse led sessions will be sent in the summer term regarding the teaching and materials used by the school nurse.

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website: <https://sigglesthorne.ebor.academy/relationships-health-and-sex-education/> for more detail about our PSHE curriculum.

All PSHE teaching takes place in a safe learning environment and is underpinned by our school ethos and values. If you would like to know more information about what your child will learn, or view the materials and resources being used in lessons, Mrs Prosser will be available after school Monday 7th March.

As a school community, we are committed to working in partnership with parents. If you would like to find out more or discuss any concerns, we would encourage you to attend the information meeting and look forward to seeing you there.

Kind regards

Jennifer Marsden & Sally Prosser
Headteacher PSHE / RSE Lead



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