

03/09/2024

UKS2: RSHE Education

Dear UKS2 Families,

We are letting you know that in Y5, our learning in PSHE over the Autumn Term 2024 will be the 'Relationship, Sex and Health Education' aspect of the curriculum (RSHE). The Y6 children will then receive their RSHE in the spring term.

These are statutory parts of the National Curriculum. However, if you wish to withdraw your child/children from some/all areas of the relationship and sex education curriculum, you are requested to make an appointment with Mrs Lee in the first instance to discuss this further. Please also be aware that human reproduction is a statutory part of the science curriculum and all children must learn about this area of science.

Nowadays, there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc - which young people may have access to, and this can sometimes make an already confusing time seem even more complicated! The purpose of this curriculum 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 stable 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 RSHE 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 stable 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.

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

The programme will cover:

- Love, Marriage and Relationships
- Puberty
- Menstruation

- Personal Hygiene
- Reproduction

Learning objectives covered are:

1. To name the key stages of life cycles.
2. To understand the stages of pregnancy.
3. To identify the changes that take place during puberty
4. To compare the changes experienced by boys and girls.
5. To understand how we respect ourselves and others.
6. To understand how we can respect our bodies.
7. To understand the facts about menstruation.
8. To know and identify the male and female sex organs and understand their functions.
9. To understand that people can make informed choices in order to respect and protect their own bodies.
10. To understand the right to privacy and what this means.
11. To recognise and challenge stereotypes in relation to sex and relationships.

Inevitably, as questions arise we will encourage children to use our 'Worry Boxes'/ 'Ask-it-Baskets', which are situated in each classroom. The children are aware of a 'Traffic Light System' for asking questions and some questions may be directed to be asked at home.

Thank you for your continued support,

Yours sincerely

The UKS2 Team