



HAWRIDGE & CHOLESBURY CHURCH OF ENGLAND SCHOOL

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19th June 2023

Dear Parents

This half term, Year 5 and 6 will be having a series of Relationship and Sex Education sessions as part of their PSHE curriculum.

The purpose of the sessions is to, in a safe and supportive way, prepare and educate the children on the physical and emotional changes they will experience as they begin puberty. The class will remain together for all sessions as it is vitally important that all children understand and respect the changes that the opposite gender will experience.

We will discuss the following topics:

- What puberty is.
- What happens to our bodies during puberty.
- The body parts which make up the male and female reproductive systems.
- The menstrual cycle and how this can impact on feelings and mood.
- The male production of sperm and associated changes.

As part of these sessions, year 5 will watch these clips. Year 6 watched them last year.

<https://www.bbc.co.uk/iplayer/episode/b0759l4k/operation-ouch-series-4-10-dont-panic-about-puberty-special>

<https://www.kidshealth.org/en/teens/menstruation.html> (The video is towards the bottom of the page.)

Please do watch these clips, but I would request that you don't watch them with your child until we have had the sessions together in class.

In Year 5 the children will also learn about conception in biological terms.

In Year 6 the children will learn about conception to the birth of a baby.

All lessons are taught using correct terminology, child-friendly language and diagrams.

You have the right to withdraw your child from lessons about conception but we would recommend that all children are given access to the full PSHE curriculum.

If you would like to withdraw your child from PSHE lessons which address conception, please contact us via the school office email.

Please come and speak to us if you have any questions.

Best wishes

Mrs Birley and Miss Thorp