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Headteacher Mr Adam Barber

Thursday 17th May 2020

Dear Parent/Carer,

Next week, we will be beginning to deliver the Year 5 P.S.H.E. unit on 'Understanding Ourselves' as part of our Relationships and Sex Education (RSE) catch up programme.

If young people can start their transition into adulthood with good information to help them understand how they are developing, they will hopefully grow into confident and healthy adults able to make positive choices. The sessions in school may reinforce what you are already doing at home.

The key aims of the unit are to:

- 1 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.
- 2 Establish an awareness of the importance of stable family life and long term relationships, including the responsibilities of parenthood.
- 3 Foster self-awareness and self-esteem.
- 4 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 present the programme in an objective, balanced and sensitive manner. **You can find details of what your child will be taught in the Relationships and Sex Education policy on our school website.**

Parents can withdraw their children from any part of the RSE programme that does not form part of the statutory National Curriculum. If you wish to withdraw your child from all or part of the programme, please discuss this with your child's class teacher.

Yours sincerely
Year 6 team

Kathryn Beer
Physical Health, Wellbeing and Values Team

Jonathan Parr

