



Upper Beeding Primary School

School Road, Upper Beeding, BN44 3HY.

Tel: 01903 812288

Email: office@upperbeeding.w-sussex.sch.uk

Website: <https://upper-beeding.eschools.co.uk/web>

Head Teacher: Mrs R Linford

Monday 24th May 2021

Dear Parents/Carers,

During the Summer Term, all children in Key Stage 1 and 2 will be involved in relationship and sex education as part of their on-going personal, social and health education curriculum.

Relationship and sex education is crucial to one of our central aims *"to develop self-confidence and independence."* It is an important aspect of preparing children for the world that they live in. It is about the understanding of the importance of stable and loving relationships, respect and love as key building blocks in a caring society.

In line with our PSHE and RSE policy, we will be using the Channel 4 resources entitled 'Living and Growing'; which uses videos, worksheets and discussion to introduce relationships and sex education at an age-appropriate level.

Topics covered in Y1/2 will be: Differences (living things, male and female, feelings and life cycles); How did I get here? (growing, growth and change, my future as an adult, growth of the foetus during pregnancy); Growing up (continued work on life cycles, growth and change, relationships).

In Years 3/4: Changes (changes we can or cannot control, normal physical and emotional changes which accompany puberty).

In Y5/6: Girls Talk (reviews physical and emotional changes that take place for girls at the onset of puberty; menstruation is discussed); Boys Talk (reviews physical and emotional changes that take place for boys at the onset of puberty); How babies are made (development of relationships is discussed, popular culture/ stereotypes and marriage; conception and contraception).

In Y6 only: How babies are born (shows the development of the baby during pregnancy from foetus to birth; the birth of a human baby); Let's talk about us (discussed in single sex groups – children's questions and worries are discussed with teachers/adults).

Due to lockdown during the Summer Term 2020, children will begin their RSE learning by looking at and revisiting the videos and activities associated with the year group below.

An informative video explaining our PSHE and RSE learning can be found on the PSHE page of our website. If you have any further questions or concerns, please speak to your child's class teacher.

You can help your child by talking to them openly and positively about these topics. You do have the right to withdraw your child(ren) from these lessons, and alternative PSHE activities will be provided for them. Please could you let Mrs Linford know **in writing** if this is your choice.

Thank you for your support.

Mr A Hughes

KS2 Assistant Head Teacher/PSHE and RSE Subject Leader

