



Dear Parents and Carers,
From September 2020 relationship and sex education is compulsory in Primary schools.

At primary level this will cover:

- Puberty and how our bodies change, including menstruation and wet dreams
- Puberty and how it affects our emotions
- Puberty and why personal hygiene is so important
- How to ask for support about growing and changes
- How positive friendships and relationships are formed
- That people are attracted to and love each other can be of any gender, ethnicity or faith
- What constitutes a healthy relationship
- How mental and physical health are linked
- Strategies we can use to support our mental health
- How we can look after our physical health
- What makes a healthy lifestyle
- How legal and illegal drugs and affect our health, lifestyle and life chances
- About the reproductive organs and process, including how babies are conceived and need to be cared for

All of the above have been aspects of our science and PSHE curriculum for many years, especially in year six.

The DfE, the Trust and the school recognise that it is important to for our children and young adults to access this learning *before* they reach puberty, so that they are informed and equipped to deal with the changes they will face.

Therefore, some aspects are now covered in year four during the summer term.

This half term Mrs Allen will be covering the first four bullet points as part of her PSHE curriculum.

A parent does have the right to ask for their child to be removed from these lessons. However, it would then be their responsibility to ensure their child has the key knowledge and understanding needed to understand the above.

If you have any questions or concerns about the subject matter, please feel free to contact school to discuss this.

If you do not want your year 4 child to participate in the RSE lessons delivered by Mrs Allen next half term please complete the slip below and return to school asap.

Mrs Smith
(Head of School)

Name of child _____

I do not wish my child to participate in the RSE lessons, covering puberty delivered by Mrs Allen next half term.

Signed _____