



Aim High

Never Give Up

Follow Your Dream

Lead By Example

Wednesday 22nd February 2023

Dear Year 6 Parents/Carers,

As part of your child's education at Norwood School, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, during next term (Spring 2), your child's class will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

Lessons in Year 6 will include pupils learning about the following:

Social Media:

Who are our friends? Are the people we meet online our friends?

What is the difference between a friend and an acquaintance and what information is ok to share with these people?

How can we keep safe online and what are the dangers of speaking to people online?

Physical changes during puberty:

Look and understand the physical changes that our bodies go through during puberty.

Labelling the internal and external body parts of both a male and female body.

Emotional changes during pregnancy:

How can puberty affect our moods and why do we experience this?

The Menstrual Cycle – this will be taught to both boys and girls.

All- will look at what the menstrual cycle is and why this occurs.

Girls only- period products and how to use these. Where can we get these from in school if we need to.

Boys- Wet dreams.

Conception *:

What is intercourse? How is an egg fertilised? Legal age for sexual intercourse and the pressures pupils may face as they get older.

Pregnancy and birth *:

How does a baby develop in a women and what are the stages of pregnancy called?

Choking and first aid:

What is choking? What should you do if someone is choking?

First Aid- Basic life support.

What is first aid? How do we deliver basic life support? When would we need to do this?

*Those above marked above with an asterisk * are not compulsory, therefore you are allowed to withdraw your child from these lessons should you wish to.*

Parent/Carers have the right to withdraw their children from the, non-statutory/non-science, components of sex education within RSE. Requests for withdrawal should be put in writing, using the form found in the RSE policy, and addressed to the head teacher (<https://www.norwood-school.co.uk/attachments/download.asp?file=3064>).

Please can any withdrawals be made prior to Tuesday 7th March 2023. Alternative work will be given to pupils who are withdrawn from sex education. The children participating in the sessions are reminded that all learning and discussions held should be kept confidential. However, as we are aware that they may choose to discuss things in the playground and outside of school, which may mean children who access alternative provision due to being withdrawn from the sex education sessions could hear pieces of information regardless, and away from the safety of the adult led discussions in the classroom.

Pupils will have opportunities to ask questions in lessons and also each classroom will have a confidential feedback box where children are able to ask questions which will be addressed in classrooms. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit our school's website for more detail about our PSHE/RSE curriculum. All PSHE/RSE teaching will take place in a safe learning environment and is underpinned by our school ethos and values. If you would like to find out more about what your child will learn, view the materials and resources being used in lessons and discover how you can best support your child to discuss these topics at home please speak to your class teacher.

Yours sincerely

Mr Reynolds
Year 6 Teacher

Mrs Richardson
Subject lead for PSHE education

Mrs Reynolds
Head Teacher

