



Head Teacher: Mrs D Reynolds - BSc Hons QTS NPQH

Aim High

Never Give Up

Follow Your Dream

Lead By Example

Thursday 11th June 2026

Dear Year 6 Parents/Carers,

As part of your child's education at Norwood Primary 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 this term (Summer 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 have included pupils learning about the following in the Spring term:

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.

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?

This term the children will be learning about the last two topics in this Unit of SRE:

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 woman and what are the stages of pregnancy called?

*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 and addressed to the head teacher** <https://www.norwood-school.co.uk/attachments/download.asp?file=5996&type=pdf>

Please can any withdrawals be made prior to Thursday 18th June 2026. 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 there will be a confidential feedback box where children are able ask questions which will be addressed in the classroom. 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 child's class teacher.

Yours sincerely,

Mr Reynolds
Year 6 Teacher

Mrs Reynolds
Head Teacher