



25th May 2023

Dear parents and carers of children in Key Stage 2

Re: Relationships and Sex Education

During the second half of the summer term, children in years 3-6 will be taught a series of lessons called Growing and Changing which will focus on relationships and sex education. These lessons are part of the statutory requirement by the government to ensure children are given RHSE (relationships, health & sex education) lessons. These lessons are therefore very important as they help children to understand themselves and the world they live in.

Below is a list of what will be taught in each year group.

- Year 3
 - Safe touching - acceptable contact between people eg shoulders and arms
 - Changes to the body during puberty for boys and girls - this includes the anatomy as well as erections, wet dreams, the menstrual cycle and sanitary products
- Year 4
 - Male and female anatomy, menstrual cycle, pregnancy
 - Puberty - periods, wet dreams, sanitary products
 - Mood swings associated with puberty
 - Different relationship setups (marriage, civil partnership, same sex, committed relationships, cohabiting)
- Year 5
 - Puberty - hygiene (looking after yourself during puberty), circumcision and Female genital mutilation
 - Male and female anatomy - Sexual organs
 - Masturbation
- Year 6
 - Puberty - physical and emotional changes
 - Dealing with difficulties during puberty - masturbation, wet dreams, periods, female genital mutilation
 - Reproduction - sexual reproduction, IVF, adoption, surrogacy, vaginal and caesarian births

At the beginning of the learning process teachers will assess what children already know and will re-learn material from previous years if necessary.

At St Thomas' and St Clement & St James, we recognise that the most important educators of children are their parents. Throughout the lessons, we will be encouraging children to discuss any questions or issues with their parents. Please follow this [link](#) if you would like to

know more about the school's approach to relationships and sex education. Our policy on sex and relationships is on the web page along with a very helpful video explaining more about our approach to teaching this curriculum area.

We would like to invite you to a meeting to discuss the policy and to introduce the programme of work. The meetings will take place on:

Wednesday 7th June on zoom at 5:00pm for parents of both schools (zoom link to be sent by text after half term)

If you are concerned about your child attending these lessons we would strongly advise you to attend one of the meetings. You have a right to withdraw your child from the sexual reproduction lessons which are covered in Year 6. *It is a statutory requirement for all children to attend all other growing and changing lessons.* Please write to Mr Jones or Mrs Dowthwaite if you wish to withdraw your child.

Yours sincerely

Sarah Bouette
Executive Head Teacher