



Friday 15th June 2018

Dear Parent/Carer,

Re: Year 5 Sex and Relationships Education

We will shortly be beginning some work in Year 5 and 6 about 'Growing and Changing'. This work forms part of an ongoing programme of Sex and Relationships Education, which we deliver throughout the school. Our 'Growing and Changing' topic covers some elements of Science and some Personal Social and Health Education (PSHE).

Our programme in Year 5 and 6 is carefully tailored to the age and needs of the children. Our main areas for Year 5 are the concepts of puberty. We have an important duty to talk about puberty with the children before they reach it, so we can reduce the fear and worry that some may feel. These are the main questions we will discuss:

- What are male and female sexual parts called and what do they do?
- What happens to the bodies of boys and girls when they reach puberty?
- What influences my view of my body?
- How can I keep my growing and changing body clean?
- How can the spread of viruses and bacteria be stopped?
- What is HIV/AIDS?

We encourage you to discuss any of these areas with your children before, during or after our topic, as children and young people say that they greatly value being able to talk their parents/carers about these issues. These are some useful sources of support:

Family Lives offers help and advice to parents and carers on any aspect of bringing up children. www.familylives.org.uk

For information and videos clips on talking about SRE to your children, try

www.nhs.uk/Livewell/Talkingaboutsex/Pages/Whytalktoyourchild.aspx

www.familylives.org.uk/how-we-can-help/parentchannel-tv/

For information about your rights and SRE download the leaflet *SRE and Parents* from

www.education.gov.uk

For further guidance from the **Sex Education Forum**, download 'Talk to your children about sex and relationships: support for parents' Factsheet 31

www.sexeducationforum.org.uk/media/6360/talk-to-your-children.pdf

For a short film to introduce importance of privacy and not taking or sharing sensitive images search for 'NSPCC Share Aware'.

We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

You have the right to withdraw your child from the elements of SRE which are not included in the National Curriculum for Science. Please contact Mrs Maycock if you would like to discuss this. If you would like to discuss any issues relating to our work on Sex and Relationships, or to find out more about the lessons, please speak to your child's class teacher.

Yours faithfully,

Mrs Sophia Wells

Personal Social and Health Education (PSHE) Coordinator



The Street, Little Waltham, Chelmsford, Essex CM3 3NY • little-waltham-school.co.uk

Telephone 01245 360246 • Fax 01245 362676 • Email admin@littlewaltham.essex.sch.uk

Headteacher Mrs Elizabeth Maycock BSc Hons PGCE NPQH • Deputy Headteacher Mrs Ruth Baker BSc Hons PGCE