

Friday 15th June 2018

Dear Parent/Carer,

Re: Year 3 and 4 Sex and Relationships Education

We will shortly be beginning some work in Year 3 and 4 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).

Your children will be engaging with the following questions as part of this work:

- How are males and females different and what are the different parts called?
- What can my body do and how is it special?
- Why is it important to keep clean?
- What can I do for myself to stay clean and how will this change in the future?
- How do different illnesses and diseases spread and what can I do to prevent this?
- What are the main stages of the human life?
- What does it mean to be 'grown up'?
- What am I responsible for now and how will this change?
- How do parents and carers care for babies?

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