



ST. ANDREW'S CE (VA) JUNIOR SCHOOL

Promoting excellence within a caring, Christian community

Headteacher: Mrs Karen Smith

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ES/AJ

31st March 2021

Dear Parent, Carer,

YEAR 5 - SEX AND RELATIONSHIPS LESSONS

Next half term, the Locala nursing team will be visiting school to speak to Year 5 about Sex and Relationships.

The aim of Sex and Relationships Education (SRE) is to provide children with age appropriate information, explore attitudes and values and develop skills in order to empower them to make positive decisions about their health-related behaviour.

Effective sex and relationships education is essential if young people are to make responsible and well-informed decisions about their lives. The objective of sex and relationship education is to help and support young people through their physical, emotional and moral development. It will help them to learn to respect themselves and others and move with confidence from childhood through adolescence into adulthood. RSE is about the emotional, social and cultural development of pupils, and involves learning about relationships, sexual health, sexuality, healthy lifestyles, diversity and personal identity.

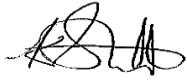
The nursing team will be in school on 20.4.21, 28.4.21 and 5.5.21.

Topics to be covered are:

- Puberty (The changes that happen at puberty including menstruation and ejaculation)
- Birth of a baby
- Changing emotions during puberty
- How a baby is made and how it grows

We teach SRE through different aspects of the curriculum. While we carry out the main sex education teaching in our PSHE curriculum, we also teach some SRE through other subject areas (for example Science and PE) where we feel it contributes to a child's knowledge and understanding of his or her body, and how it is changing and developing. All PSHE teaching takes place in a safe learning environment and is under-pinned by our school ethos and values.

If you would like to know more about the sessions, you can contact Mrs Jocelyn through the school office and she will be happy to answer your questions.

A handwritten signature in black ink, appearing to read 'K Smith', with a stylized flourish at the end.

Mrs K Smith
Head Teacher