



ST. ANDREW'S CE (VA) JUNIOR SCHOOL

Promoting excellence within a caring, Christian community

Executive Headteacher: Mrs Amanda Jocelyn

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Dear Parents / Carers

Sex and Relationships Education (SRE)

Over the next few weeks, 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.

The nursing team will be in school on 10.6.25, 17.6.25 and 24.6.25

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 as required by the National Curriculum. All SRE 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.

Yours sincerely,

Miss C Gledhill
Class teacher

Miss V Taylor
Class teacher