

Seaford Primary School



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16th May 2022

Dear Parents/Guardians,

As part of our science curriculum and the new statutory Health and Relationships education, throughout Term 6 we will be teaching the children about the changes that will occur in their bodies as they grow.

These RSHE lessons will be taking place from the week beginning Tuesday 7th June 2022. The areas to be covered in Year 6 are for the children to:

- Be aware of our own self -image and the images of others.
- Know the importance of self-respect and know ways to prevent worry.
- Understand key facts about puberty including all of physical and emotional changes- all biological terminology will be used including discussions about ejaculation, erection, masturbation and wet dreams.
- Know the importance of keeping clean.
- Know all about menstrual well- being, the menstrual cycle, the products that are available on the market and the environmental impact of menstrual products deposited..
- Describe how a baby develops from conception through the nine months of pregnancy, and how it is born.
- Know how important friendships are in making us feel happy and secure and how people choose and make friends.
- Know that stable, caring relationships may be of different types
- Know which characteristics of friendships are positive.
- Know healthy friendships are positive and welcoming
- Know most friendships have ups and downs.
- Know how information is shared and used online.
- Understand that each person's body belongs to them and the difference between appropriate and inappropriate or unsafe physical touch.
- Understand that sufficient good quality sleep is good for your health and that a lack of sleep can affect weight, mood and the ability to learn.
- Transition support to secondary school.



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We will be using the Jigsaw animation materials to teach some of these areas. These videos are of animated body parts in picture form, using biological terminology. Should you wish to view these videos before the sessions are taught, you must contact Mrs Roderick (tanyar@seafordprimary.e-sussex.sch.uk) before 20th May, to confirm your attendance and book an appointment.

Please be assured that this topic will be taught appropriately and sensitively and form part of both Science and RSHE. However, parents/guardians have the right to discuss and/or withdraw from specified areas of the curriculum. This must be done via consultation with one of the RSHE subject leaders (Mrs Roderick or Miss Robards). Please note this discussion must be had before Friday 27th May.

Thank you for your support.

Mrs Roderick and Miss Robards

