



BEARWOOD Primary and Nursery School

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Learning, Enjoying & Succeeding Together

Wednesday 15th May 2024

Dear Parents & Carers,

I am writing to let you know that next half term we will be having PSHE sessions about 'Changes', including information about puberty, menstruation and sexual relationships. Please see below for a little more information on the content of Year 6's sessions. These sessions will be with teaching staff, whom they know and should feel at ease with. Our policy states that our approach to Sex Education is primarily to help children cope with the physical and emotional challenges of growing up. Sex education will not be taken out of context or over emphasised in any way. It will sit firmly within our PSHE and Citizenship programme, which takes directive from the National Curriculum which all children of this age follow. The biological aspects of sex and reproduction have been covered as required in science lessons. The lessons will provide simple information for the children and also give them a supportive forum if they wish to ask any questions.

Relationships Education is compulsory in all primary schools in England. However, parents have the right to request their child be withdrawn from some or all of the Sex Education that is being delivered. If you decide to withdraw your child from some or all of the Sex Education lessons or would like to discuss the sessions further then please email school@bearwood.poole.sch.uk by Wednesday 22nd May and address the email to your child's class teacher. At Bearwood, we strongly recommend that all pupils are involved with Sex Education lessons.

Year 6 – 'Changes' sessions will cover;

- Puberty – Consolidating learning from Year 5 by considering the physical and emotional changes and how they affect children. Vocabulary: pubic hair, menstruation, semen, erection, tampons, breasts, hormones, wet dream, ovulation, masturbation, sanitary towel, clitoris, testicle, sperm, penis, vagina, womb, fallopian tube.
- Girl talk/ boy talk: A chance to ask questions and reflect on issues concerning puberty.
- Boyfriends and Girlfriends: Understanding how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend. Understanding that respect for one another is essential in a boyfriend/girlfriend relationship, and that they should not feel pressured into doing something they don't want to.
- Conception to birth: The story of pregnancy and birth – animations are used including the male and female reproductive system. Vocabulary: pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife.
- More information about these sessions can be found within the accompanying PowerPoint.

Yours faithfully,

Mrs Ladyman
PSHE Leader



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