

SCOTTON LINGERFIELD PRIMARY SCHOOL

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Head Teacher: Miss Debbie Calvert

27th February 2024

Dear Parents and Carers,

After Easter, Year 5/6 will be completing the Puberty and Healthy Relationships part of our PSHE curriculum. This will help them to understand how their body changes during puberty and human reproduction.

The current RSE resources can be viewed on the school website here:

<https://www.slsprimary.co.uk/web/main.php?page=rse-consultation>

The majority of the content that will be taught is now compulsory as part of either the National Curriculum or the Relationships and Sex Education Curriculum. The scheme that we are using recommends that puberty lessons are taught in Year 4. Due to our mixed classes, we have decided to teach this content in Year 5, but we may review this going forward. There are some elements of the Year 6 Healthy Relationships education which we are recommended to teach, but which are not compulsory. These are the objectives written in purple text in lessons 3, 4 and 5 of the Year 6 Healthy Relationships planning resource. If you wish for your child to be withdrawn from **this element** of the RSE teaching, please complete the attached form, Appendix 1, and return it to school by **Friday 8th March 2024**. If you are thinking about withdrawing your child, please speak to Miss Alvarez beforehand.

The films that we will be showing in class can be accessed using the links below:

Reproductive organs - <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-sperm-egg-reproductive-organs/znv3g7h>

How are babies made - https://www.youtube.com/watch?v=8ktKO_qVmPw&t=2s

Puberty - <https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-puberty/zghnf82>

<https://www.bbc.co.uk/teach/class-clips-video/pshe-ks2-operation-ouch-how-are-babies-made-what-is-attraction/z3psydm>

We would encourage you to read through the planning documents and resources and to watch all the films so you are aware of the content, the language used and can pre-empt any questions that your child may ask.

It is important that all children learn about puberty and relationships relating to all genders not just their own. This understanding of what is happening to their peers helps to develop a respect and enables more open discussions later in life within their own relationships.

From our experience we have also found that all pupils like to see items that are discussed, such as toiletries when discussing hygiene, and pads and tampons when discussing menstruation. We would also like to reassure girls that if they do start their period at school then there is a range of products available in school along with sanitary bins and they can talk to any member of staff if they require any support.

Through our experience of teaching children this important but sensitive issue we find they do behave in a mature manner and do have questions which I would advise you not to be frightened of. When delivering this topic in school, we welcome children's questions and want them not to be afraid to ask things they may think are silly or too difficult to ask. It is a good idea to have a plan for managing questions that arise from such discussions. For example, you might:

- Remember that most children like short, simple, factual answers
- If they want more information they will usually ask more questions
- Find out what they think first, “Good question! What do you think about that?”
- Delay, take time to stop and think or check information before going back to your child, but make sure you do respond, “That’s a great question! Let me have a think about how best to answer. I will come back to you later.”
- Provide opportunities for open questions
- Always aim to try to give a response where possible, whatever your child’s age. If you feel it is something you really cannot answer, be honest about that and explain, “I really like that you were able to ask me that question, but you know what, that’s a question that will be answered when you are older, right now it’s not something to worry about.”

Some further supportive tips for parents and carers when having conversations about growing up:

- Provide positive messages about how it is normal that everyone grows, develops and changes from being a baby into an adult and goes through these changes
- Provide factual and accurate information from reliable sources of information
- Children should also know where to go for additional safe and age-appropriate advice. As well as reminding your child that you are there to help them and that they can always ask you, help them recognise how to access other trusted sources of support too:
 - All the main companies that provide period products such as Lil-lets, Tampax, Always, etc, have information on their websites to support learning about puberty
 - Further books to support your child can be accessed online such as Usborne, ‘What’s happening to me?’. There are a range of supporting books that you could look over to see what you feel would suit your child best.

We hope that you find this information useful and that it prepares you to talk about such an important issue with your child. If you would like to discuss anything before talking to your child or if any questions arise from yourself or your children that you would like to talk through with us, please do not hesitate to contact me and we will do our best to support you.

Kind Regards,

Yasmin Alvarez
Class Teacher



Appendix 1: Parent form: withdrawal from sex education within RSE

This relates to lessons 3, 4 and 5 of the Year 6 Healthy Relationships unit of work. All other areas are compulsory.

TO BE COMPLETED BY PARENTS			
Name of child		Class	
Name of parent		Date	
Reason for withdrawing from sex education within relationships and sex education			
Any other information you would like the school to consider			
Parent signature			

TO BE COMPLETED BY THE SCHOOL	
Agreed actions from discussion with parents	
Staff signature	