**Dear parent carer of year 5 or 6 child,**

**Year 5 and 6 PSHE and Relationships Programme**

As you are aware, promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks in years 5 and 6 we will be teaching the **Growing and changing** part of the curriculum as set by the Department of Education.

You may remember back in January 2020 we led workshops sharing the new PSHE and RSE, relationships, sex education policy, with parents and carers. From September 2020 relationships education became a legal requirement; parts of sex education being taught in year 6 were already legal requirements before this time, within the National Curriculum. Year 6 only will be learning about conception.

**We will be running two workshops in school to share with you the sessions the children will be receiving over the next few weeks, the resources and content of the sessions. We will also be able to answer any questions you may have.**

**The workshops, which I will be leading, will be held on Thursday 24th June at 9:10 OR 3:30 pm. If you are unable to make either of these times, I can send you the presentation via email or meet to discuss anything you wish at a different time.**

The below teaching points/ questions will be covered in the teaching sessions over the next few week’s sessions:

* How can I keep safe online?
* Why do I need to protect personal information including passwords, addresses and photos of myself and others online?
* How can I manage any requests for photos of myself or peers I may receive?
* What is and is not appropriate to ask for or share online?
* Who can I talk to if I feel uncomfortable or are concerned by such a request?
* What are personal boundaries?
* Who can I talk to if I feel uncomfortable or if someone isn’t respecting my personal boundaries?
* What is personal and private information?
* What kind of physical contact is unacceptable and how should I respond?
* How will my body and emotions change as they approach and move through puberty?
* How do I feel about growing up and changing?
* How do humans reproduce? **YEAR 6 ONLY**
* What do I do if someone wants me to do something I know is wrong or makes me feel uncomfortable?
* How can I say ‘no’ to someone and keep myself safe but without hurting their feelings?
* Who can I talk to if I want help and advice or am worried about someone else?

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information.

We recognise that parents and carers play a vital part in their child’s RSE, and we encourage you to explore these questions with your child at home as well.

If further advice or support is required please do not hesitate to speak to us.

**Please complete the slip below and return to the class teacher so I have an idea of numbers attending. Please only return if you ARE attending.**

Yours Sincerely

Katie Beardsworth

Deputy Head

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**Years 5 and 6 PSHE teaching programme.**

Child’s name…………………………………………………

**I will be attending the workshop on years 5 and 6 PSHE teaching programme.**

**Please tick:**

Thursday 24th June 9:10am

Thursday 24th June 3;30pm

Signed………………………………………………………….