



Gaddesby Primary School



Ashby Road, Gaddesby, Leicester, LE7 4WF,

Telephone: 01664 840253 E-mail: office@gaddesby.bepschools.org

Website: www.gaddesby.leics.sch.uk

Headteacher: Mr Leigh Fox

Year 6 RSE (Relationships and Sex Education) and Health Education Lessons

10th March 2021

Dear Parents

Over the next few weeks, the children will be undertaking some lessons on Relationships and Sex Education and Health Education (as part of our wider PSHE curriculum). These lessons will take place on Wednesday 17th March and Wednesday 24th March. The lessons will help prepare the children for physical emotional changes that they will encounter during adolescence, as well as the human life cycle and how a baby is conceived and born. Additionally, the children will learn about physical and mental well-being, healthy eating and the risks of drugs, alcohol and tobacco. All of the content of these lessons will be delivered appropriately with regards to the age of the children. Several themes will be discussed over the course of the week:

- Body image, the media and self-esteem (including online safety)
- Scientific names for parts of the body
- Puberty in boys (change in body shape, hair, wet dreams, personal hygiene)
- Puberty in girls (change in body shape, hair, periods, personal hygiene)
- Respecting our bodies
- Gender identity
- Sexual orientation
- What a loving relationship is
- Conceiving a baby
- Child birth
- Physical and mental well-being
- Facts about drugs, tobacco and alcohol

Please take opportunities to discuss some of these topics with your child prior to them learning about them in school, if they are not aware of them already.

If you wish to discuss any of this specifically, please contact me before Friday Monday 15th March.

Kind regards

Mrs Linnett

