



Gaddesby Primary School



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Website: www.gaddesby.leics.sch.uk

Headteacher: Mr Leigh Fox

Year 6 RSE lessons (Relationship, Sex Education and Health Lessons)

Thursday 26th May 2022

Dear Parents

Over the next few weeks, the children will be undertaking some lessons on Relationships, Sex and Health Education (as part of our wider PSHE curriculum). These lessons will take place on **Tuesday 14th and Wednesday 15th June**. 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 such as:

- Body image, the media and self-esteem (including online safety)
- Scientific names for parts of the body
- Puberty in boys (change in body and personal hygiene)
- Puberty in girls (change in body, periods and 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 feel free to contact me directly. My email is rsmith@gaddesby.bepschools.org

Yours sincerely,

Miss Smith.

