



St Michael's CE Middle School
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Headteacher: Mr D Ayling BSc Ed(Hons)
Deputy Headteacher: Paul Andrews BSc (Hons)

25th March 2024

Dear Parents/Guardians,

Pupils in Years 5 and 6 will be starting lessons about Relationship and Sex Education within their PSHE curriculum when they return after Easter. These lessons are very much geared to each year group, to ensure that every child is being provided with the appropriate knowledge and understanding required. It is the aim of the Government and the Local Authority to ensure that children are well versed with this area of their education. It is felt, through evidence, that the children who have a greater understanding can make positive choices in the future. The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

The RSE programme has been developed through collaboration across the Initio Trust, using guidance from the National Curriculum, Ofsted and the PSHE Association. All teaching materials are appropriate to the age and emotional maturity of the pupils and the teachers will aim to present the programme in an objective, balanced and sensitive manner.

Please find below a brief outline of the lesson content.

Year 5: Relationships.

This unit will cover three main themes: relationships, puberty and looking after themselves. Your child will learn about different types of relationships including friends, families, couples, marriage, civil partnerships & same sex relationships. They will also learn about the difference and similarities between males and females and the changes that will happen to their bodies during puberty. They will also understand how to look after their physical, mental and emotional health as they go through puberty.

Year 6: Relationships.

This unit will cover the themes of healthy relationships, the link between puberty, sexual intercourse and a baby, and committed and loving relationships. Your child will learn about the importance for respect within a healthy relationship and understand what is meant by a committed, loving relationship. They will also learn about age restrictions for sexual





intercourse and how a baby depends on adults emotionally and financially in order to meet its basic needs.

For further information, please visit our website at [St Michael's Middle School Website - RSE](#) where you will be able to find links to the video clips which will be shown and extra information including learning questions being delivered throughout the unit of work.

If you would like to discuss the programme/s further or to view any of the specific teaching materials used then please do not hesitate to contact me via email at rwarren@stmichaelsmiddle.org.

Parents have the right to request that their child be withdrawn from some or all of the sex education delivered as part of statutory RSE. If you wish to withdraw your child, please write a letter addressed to Mrs Warren, (PSHE Lead) before the programme starts. Under the statutory curriculum from the Government, there is no right to withdraw from Relationships Education or Health Education.

For further information, please read the RSE policy found on the school website or by using the following link [RSE policy](#)

Kind regards,

A handwritten signature in blue ink that reads "R Warren". The signature is written in a cursive style and is positioned below the "Kind regards," text.

Mrs R Warren
PSHE Lead