



Dear Parents/Carers,

Please read this information carefully as it contains curriculum coverage for the teaching of Relationships Education, Health Education and Sex Education over the next few weeks.

We are writing to inform you that during June and July we will be beginning our new unit in Jigsaw (PSHE) called 'Changing Me.' During these sessions your child will learn about puberty and human reproduction, appropriate to their age and stage of development. Today's letter will explain in more detail what your child will be learning about and also answer some frequently asked questions.

Why is Relationships, Sex and Health Education needed?

- It is an important part of safeguarding children as knowledge empowers them and helps them to stay safe.
- More than ever before children are exposed to representations of sex and sexuality through the social culture around them. Content on the internet and social media can mean children may be exposed to dangerous, confusing or scary content. We can help prepare them for this by presenting a balanced view of positive healthy relationships to help them to be discerning and to stay safe.
- A range of independent research consistently shows that effective Relationships Education delays first sexual experience and reduces risk taking in young people.
- There is much research showing most parents and carers value the support of schools in providing Relationships and Sex Education for their children. Parents and schools want children to be safe and happy.
- Surveys of children and young people, as well as Ofsted, have repeatedly said that Relationships and Sex Education tends to be "too little, too late and too biological." This is one of the many reasons why the Department for Education has made Relationships and Health Education compulsory in primary schools from September 2020.

What will my child be taught as part of the 'Changing Me' unit in Year5?

During our RSE unit, the children in Year 5 will be taught about periods, changes to our bodies during puberty, understanding the parts of our bodies that are needed to make a baby and identifying what we are looking forward to when we become teenagers.

If you do not wish for your child/children to participate in the learning about the parts of the body that are needed to make a baby, please come and speak to the teachers.

The language that we will use is as follows:

- penis, testicles, sperm,
- vagina, vulva, egg, uterus, ovaries,
- menstruation, period,
- vagina, vulva, ovum, egg, sperm,
- penis, testicles, uterus, oestrogen,
- sanitary towels, tampons.

All lessons are taught using simple, child-friendly language and pictures which help the children to understand the content being taught more effectively. If a question arises that a teacher feels would be inappropriate to answer, the child will be encouraged to ask his/her parents or carers at home. The question will not be answered to the child or class if it is outside the remit of that year group's lesson.

What do I have the right to withdraw my child from?

From September, 2020 Relationships and Health Education became compulsory in all primary schools and parents/carers do not have the right to withdraw their children from these subjects. **Parents do have the right to withdraw their child from sex education.** At St Margaret's Academy we have defined sex education as 'human reproduction.' These lessons are only taught in Year 5 and Year 6. Prior to making a withdrawal request we would ask that you arrange to have a discussion with your child's class teacher first. They will be happy to share any resources with you and talk through the content in greater detail. If you still have concerns at this point we would then ask that you write a letter to the head teacher informing him that you wish to withdraw your child. All withdrawal requests must be approved by the head teacher. Please ensure you have informed your child's class teacher of this before teaching begins.

We hope you, like us, will see the materials in Jigsaw as educationally sound and beneficial to our children, helping to safeguard them. If you do have any concerns or questions at all please do not hesitate to come and speak to your child's class teacher. Our door is always open! There is also a useful parent information leaflet on our website with some great tips on how to talk to your child at home about Relationships, Sex and Health education.

Many thanks,

The Year 5 Team