



## BEARWOOD Primary and Nursery School

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*Learning, Enjoying & Succeeding Together*

Monday 22<sup>nd</sup> June 2020

Dear Parents,

I am writing to let you know that over the next few weeks we will be having PSHE sessions about 'Changes', including information about puberty, menstruation and sexual relationships. Please see below for a little more information on the content of Year 6's sessions. These sessions will be with teaching staff, whom they know and should feel at ease with. Some sessions will be delivered for boys and girls separately. Our policy states that our approach to Sex Education is primarily to help children cope with the physical and emotional challenges of growing up. Sex education will not be taken out of context or over emphasised in any way. It will sit firmly within our PSHE and Citizenship programme, which takes directive from the National Curriculum which all children of this age follow. The biological aspects of sex and reproduction have been covered as required in Science lessons.

The lessons will provide simple information for the children and also give them a supportive forum if they wish to ask any questions.

Year 6 - 'Changes' session plus a separate session on Sex Education will cover.

- Puberty - Consolidating learning from Year 5 by considering the physical and emotional changes and how they affect children. Vocabulary: pubic hair, menstruation, semen, erection, tampons, breasts, hormones, wet dream, ovulation, masturbation, sanitary towel, clitoris, testicle, sperm, penis, vagina, womb, fallopian tube.
- Girl talk/ boy talk: A chance to ask questions and reflect on issues concerning puberty.
- Conception to birth: The story of pregnancy and birth - animations are used including the male and female reproductive system. Vocabulary: pregnancy, embryo, foetus, placenta, umbilical cord, labour, contractions, cervix, midwife.

Yours faithfully,

Mrs Ramsay



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