

UNITE - INSPIRE - EXCEL

Wednesday 5th May 2021

Dear Parents,

Further to our year group topic webs, we wanted to share information about part of the Key Stage Two PSHE and Science Syllabus, which includes a teaching programme about growing up, relationships and sex education in conjunction with current guidelines from the Department for Education (DfE). Last year, I am sure you will recall we consulted with parents on the updating our Relationship and Sex Education policy which is located on our website <https://www.westfieldsjuniorschool.co.uk/about-wjs/policies-and-guidance/> for your reference and have subsequently developed our provision.

The structure of our lessons is based on the Christopher Winter Project and includes: looking at differences between boys and girls and changes in people as they experience puberty (physical and emotional), relationships and responsibility information, and the science surrounding the making and having of babies. Due to last year's lockdown, we will also revisit the Year 5's RSE lessons, which were covered through remote learning last summer to ensure coverage and progression. Our lessons will commence from week beginning Monday 4th June.

Our Year 5 provision covers:

- Talking about puberty
- The reproductive system
- Help and support
- Respect and equality

Our Year 6 provision covers:

- Communication in relationships
- Online relationships
- Puberty and reproduction
- Families, conception & pregnancy
- FGM

Statutory/Non-statutory

We appreciate that some parents may have specific questions regarding this statutory curriculum content and would welcome the chance to find out more details. Due to national restrictions, unfortunately, we are unable to hold our usual afternoon and evening meetings to share the resources. However, this year, we will be providing Year 6 parents with the opportunity to participate in a virtual meeting (details to follow) and ask any questions they may have on **Wednesday 19th May at 2.15-3.00pm and 6.00-6.45pm**. Also, we have created a parent information sheet (attached to this email) to give an overview of the five lessons and share links for the video clips with you.

We anticipate that all of the children will participate in this programme as it is a crucial element of our curriculum that supports the children's well-being and understanding. Parents do have the right to withdraw their children from the non-statutory and non-science components of sex education within RSE (Year 6). If you have any concerns about your child's participation, please do not hesitate to contact us to discuss your concerns.

Kind regards,



Mrs Courtney
PSHE Coordinator

Parent Information RSE at Westfields Junior School

Our RSE lessons focus on families, relationships and safeguarding/keeping children safe. The resources encourage children to develop listening, empathy, talking about feelings and relationships with families and friends. From Year 3, children learn the names of the body parts, the biological differences between males and females, and how they will develop and grow. Importantly, they will also learn to recognise unsafe and risky situations and how to ask for help. The curriculum continues to build their knowledge and skills as they learn about puberty's physical and emotional changes in Year 5. By Year 6, the children will have taken part in a spiral curriculum building their knowledge of RSE in an age-appropriate way. Before transitioning to secondary school, they will have the opportunity to discuss relationships and responsibility and the Science surrounding making and having babies. We have also included lessons on internet safety, personal safety and communication in relationships as part of our provision.

Year 6 Unit Overview

Lesson 1 – Puberty and reproduction

- To describe how and why the body changes during puberty in preparation.
- To talk about puberty and reproduction with confidence.

Resources

- Body parts game
- Question cards on reproduction with answer cards.
- Watch clip explaining the menstruation cycle:

http://kidshealth.org/teen/sexual_health/girls/menstruation.html?tracking=T_RelatedArticle

Lesson 2 – Keeping safe including Female Genital Mutilation (FGM) - Right to be safe

- To know how someone can be safe and in control of their body.
- To understand what FGM stands for and it is illegal in Britain (We do not go into detail about what happens during FGM).
- To know where to go for help.

Resources

- Using NSPCC preventing abuse resources:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/underwear-rule/>

Lesson 3 – Communication in Relationships – Communication and respect

- To explain some differences between a healthy and unhealthy relationship.
- To know that communication and permission seeking are important in relationships.

Resources

- Communication and touch cards.

<https://amaze.org/video/healthy-relationships-makes-relationship-healthy/>

Lesson 4 – Families, Conception and Pregnancy – Starting a family

- To describe the decisions that have to be made before having children.
- To know some basic facts about conception and pregnancy.

Resources

- Show the BBC Teach film. What's it all about?

<https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-sex-what-its-all-about/zht8y9g>

Lesson 5 – Online Relationships - Positive and negative ways of communication

- To have considered when it is appropriate to share personal/private information in a relationship.
- To know how and where to get support if an online relationship goes wrong.

Resources

https://www.thinkuknow.co.uk/8_10/