

Friday 14th June 2024

RE: Y6 Summer Term PSHE learning

Dear Parents/Carers,

Our PSHE curriculum includes statutory relationships and health education content.

Relationships education means teaching pupils about safe and healthy relationships, including:

- Family and friends
- Being safe, including online
- How to recognise unsafe relationships
- How to get help

Health education is about good physical health and mental well-being. It includes:

- How to deal with emotions
- Healthy eating and fitness
- The physical and emotional changes of puberty, including the menstrual cycle
- Internet safety and harms

What will my child learn this year?

In the Year 6 *Changing Me* unit taught this half term, the children will learn about the physical and emotional changes related to puberty for boys and girls, including feelings of attraction. They will also learn about the importance of looking after yourself physically and emotionally. They will build on their knowledge of the human body and use correct, scientific terms to describe body parts and processes such as menstruation. As part of this unit, they will also learn about body image as part of one's own self-image, in order to understand how to cultivate positive self-esteem.

This unit also includes a lesson about the transition to secondary school so children can identify what they are looking forward to and what they might feel nervous about. In response to this, we can provide reassurances to children about the feelings that accompany significant changes in our lives and review some of the strategies we can use to manage feelings around change

One lesson this half-term is considered Sex Education. In this lesson, children will learn in an age-appropriate way about how sexual intercourse can lead to conception and how babies develop during pregnancy. You have the right to withdraw your child from this session – please make an appointment to speak to Ms Wyatt or myself by Monday 17th June at the latest if you are considering this option.

Our goal is to give children the knowledge and understanding they need to feel confident, comfortable and safe. We know that body changes can make children feel anxious, especially when they lack an understanding of what is happening, so we prioritise reassuring children about what is expected, healthy development and that this happens at different times and paces for different individuals. We also know that children' natural curiosity can lead to them searching for answers to questions online, which can cause them to encounter unsafe and inappropriate content and to develop misconceptions. We teach the statutory requirements and the additional optional Sex Education lesson **with the aim of ensuring children learn this content from safe, trusted adults and not from the internet or through peers.**

For a detailed overview of the content for each Year group (Years 1-6) please see our PSHE overview here: <https://springfield.hackney.sch.uk/wp-content/uploads/sites/5/2022/01/PSHE-at-Springfield.pdf> The content for Year 6 'Changing Me' PSHE unit is clearly in this document. Please find further details of our Federation-wide RSHE (relationships, sex and health education) policy here: <https://www.st-matthias.hackney.sch.uk/wp-content/uploads/sites/9/2020/11/Relationships-sex-and-health-education-policy-June-2020.pdf>

Supporting your child

Please encourage your child to talk openly with you about any questions they may have. We emphasise the importance of speaking to trusted adults about any queries or worries children may have, and that they are always welcome to talk to school adults if they want to ask questions, seek support or share feelings. If would like to discuss any aspect of our PSHE curriculum, or supporting your child at this stage of their development, please email admin@springfield.hackney.sch.uk or call 0208 800 9007 to make an appointment with Ms Wyatt or myself.



Anna Case, Headteacher