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*Be strong and
courageous.....for
the Lord your God is
with you*

June 2026

Dear Parent/Carer,

Year 6 Puberty and Sex Education lessons

As part of our Personal, Social, Health and Economic (PSHE) education and the Science curriculum, Year 6 children will be taking part in two lessons covering the human life cycle, puberty and sex education during the week commencing Monday 6th July. These lessons are an important part of preparing children for the changes they will experience as they grow older, and are delivered in a safe, age-appropriate, and supportive environment.

The Relationships Education, RSE, and Health Education (England) Regulations 2019 make Relationships and Health Education compulsory in all primary schools. As such, pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe both on and offline.

In Year 6, children will revisit statutory content through PSHE and Science lessons, including: physical and emotional changes during puberty, the human life cycle and reproduction (as part of the Science curriculum), healthy and respectful relationships, and online safety and being safe.

In addition, children will receive a sex education lesson as part of our PSHE curriculum, using resources from the PSHE Association, which we follow as a school. This lesson will be taught to boys and girls separately to ensure they are comfortable asking questions. It will cover how a baby is made and what pregnancy means, how long it lasts, and where it occurs. This lesson lasts approximately one hour and is designed to be informative and age-appropriate, helping children understand this topic in a safe and factual way. We are aware that children may have further questions or wish to continue these conversations at home, and we encourage you to talk with your child following the session.

Right to withdraw:

Parents have the right to withdraw their child from the non-statutory components of sex education (i.e. content not covered by the Science curriculum). If you wish to withdraw your child, please put your request in writing to the headteacher. A record of the request will be kept on your child's educational file, and the headteacher will arrange to discuss this with you.

We strongly encourage parents to allow their children to participate in this session. Children are naturally curious and may otherwise seek information from less reliable or inappropriate sources. The lesson is designed to prevent misinformation and promote healthy, positive attitudes towards relationships and growing up.



If you would like any support or resources to help you continue these conversations at home, please feel free to contact Miss Hawkins, who will be happy to help. Thank you for your continued support.

Yours sincerely,

Angela Margerson

Mrs A. Margerson,
Assistant Headteacher.

