



CRANWELL, SLEAFORD,
LINCOLNSHIRE NG34 8HH

29th June 2020

Dear parents and carers,

During this term in Year 6 it is our usual practice to cover the Sex and Relationships aspect of the PSHEE curriculum.

I appreciate that this is not an area that parents are expected to teach routinely and indeed many of you may not feel comfortable in doing so. Some of you might find the opposite and be confident for these conversations. This is normal. We are all different. I will try my best to provide you with the resources to enable you to confidently approach this area of the curriculum.

In other areas of the curriculum we encourage the children to explore subjects by researching and we teach them how to be safe and sensible e-citizens. On this occasion, however, I think you would agree that unsupervised searching might be unwise given the subject content; even though there is undoubtedly a whole host of useful information out there which is age-relevant, please supervise your child if further research is taking place.

I have included a helpful link below which shows a group of children collecting questions asked by their peers during a guided session; these are typical questions posed by children of this age. In the videos the questions are posed to a variety of adults and their answers are unscripted and unrehearsed. The BBC link is as follows: <https://www.bbc.co.uk/teach/class-clips-video/rse-ks2-sex-what-its-all-about/zht8y9q> The video contained within the text is interesting and I do encourage you to watch it. There are other useful video clips on this link covering puberty and specific objectives from the PSHEE Sex and Relationships curriculum.

When we teach this area of the curriculum in school we ensure that we have a question box available for the children to put in any questions that they feel they need to know the answer to. We encourage the children not to put their names on the questions as, from experience, we know that children are more likely to ask the questions if they have the cover of anonymity. This will be hard to achieve at home. This is where the above video link may be helpful and give you an idea of the type of questions that might be asked and responses given. I recommend you watch this by yourselves first to gain an idea, before watching with your child.

When watching with your child, why not pause after the adult has finished answering the child's question. What would your answer be? Do you have anything to add? Then when you feel ready to move on to the next question, do so.

Encourage your child to write down some questions of their own that they might like the answer to. Provide post-it notes or small bits of paper as it might be easier for them to write them rather than say them to you – due to the embarrassment factor involved! You could also write some questions that your child could answer for you, for instance asking your child who they would gather information from about this topic if you weren't having this conversation with them. The answers might surprise you, however, these are healthy conversations to have.

It is important that the transition phase before moving to secondary school supports pupils' ongoing emotional and physical development effectively. The department for education recommends that all primary schools should have a sex education programme tailored to the age and the physical and emotional maturity of the pupils. It should ensure that both boys and girls are prepared for the changes that adolescence brings and – drawing on knowledge of the human life cycle set out in the national curriculum for science - how a baby is conceived and born.

The following science objectives (the curriculum is available to view on the school website) are taught in this term and, alongside the PSHEE objectives from the Health and Wellbeing strand and the Relationships strand, form our sex education provision within school.

The Science objectives are statutory and therefore must be taught in school; the PSHEE objectives are not statutory at this point however, the RSE (relationships and sex education) objectives listed below will be compulsory in late 2020. To help you, I have listed the objectives separately below.

The Science objectives are as follows (statutory) with some useful websites:

- Describe the changes as humans develop to old age -
- Draw a timeline to indicate stages in the growth and development of humans
- Learn about the changes experienced in puberty
- Describe the life process of reproduction in animals
- Sexual reproduction in animals

<https://www.bbc.co.uk/bitesize/topics/zgssgk7>

<https://www.bbc.co.uk/bitesize/topics/zgssgk7/articles/z2msv4j>

https://www.outstandingscience.co.uk/index.php?action=view_page&page=view_unit&unit=5b

<https://www.stem.org.uk/resources/community/collection/13293/year-5-animals-including-humans>

https://www.outstandingscience.co.uk/index.php?action=view_page&page=view_unit&unit=5b

<https://www.bbc.co.uk/cbbc/watch/operation-ouch-puberty>

The PSHEE objectives are as follows (currently non-statutory):

- How their body will, and their emotions may, change as they approach and move through puberty
- About human reproduction
- About taking care of their body, understanding that they have the right to protect their body from inappropriate and unwanted contact
- To judge what kind of physical contact is acceptable or unacceptable and how to respond
- That differences and similarities between people arise from a number of factors, including family, cultural, ethnic, racial and religious diversity, age, sex, gender identity, sexual orientation
- About the difference between, and the terms associated with, sex, gender identity and sexual orientation, and disability (see 'protected characteristics' in the Equality Act 2010)

Usually, we form our lessons around a scheme of work and watch a DVD entitled "Living and Growing" (alternative version) which was published by Channel 4. Unfortunately, we are unable to share this video via home learning due to copyright rules; it is also not available online due to

copyright rules. However, there are lots of websites available for parents to access, some of which I include as links below:

PUBERTY:

<https://www.nhs.uk/livewell/puberty/documents/4youmarch2010nonprinting.pdf> - a lovely downloadable booklet aimed at children explaining the changes to their bodies that take place during puberty.

<https://kidshealth.org/en/parents/talk-about-puberty.html> - aimed at parents, there is lots of information on the website about puberty and how to approach the subject with your child.

<https://www.autism.org.uk/about/communication/sex-education.aspx> - aimed at parents, a wealth of information to help navigate through this sometimes tricky time for children with specific or additional needs.

<https://bettyforschools.co.uk/> - a resource website for schools but it does have a handy parent area of the website with some useful information about periods and body image. The student area has a good interactive film if you follow this link: <https://bettyforschools.co.uk/films/#Start>

RELATIONSHIPS AND SEX EDUCATION:

<https://www.bigtalkeducation.co.uk/parents/parents-of-children-with-special-needs-your-questions-answered/> - a helpful webpage to aid parents in how to talk about relationship and sex education with their children with additional needs

As always, we are available to offer guidance and support if needed. Contact us in the usual way via phone 01400 659001 or the email the school office on enquiries@cranwell.lincs.sch.uk . If you could make the emails for the attention of Mrs Birchenall, Miss Hill or Miss Pettitt (PSHE Coordinator) that would be a big help.

Keep safe,

Mrs Birchenall and Miss Pettitt