

Benhurst Primary School

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Head teacher: Mrs K. Hart BSC (Hons)

Monday 14th June 2021

Dear Parents and Carers,

As part of the school's Personal, Social and Health Education curriculum, your child will receive lessons on relationships, sexual health and puberty. These lessons will take place the week beginning 5th of July 2021.

The purpose of Relationship and Sex Education (RSE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on respect. It should develop understanding and attitudes, which will help pupils to form relationships in a responsible and healthy manner.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults that are able to make positive choices. This can start with learning about growing up and the curriculum in school may reinforce what you are already doing at home.

The key aims of RSE are to:

- Prepare pupils for puberty and importance of health and hygiene
- Develop an understanding of sexual development
- Create a positive culture around sexuality and relationships
- Teach pupils the correct vocabulary to describe themselves and their bodies

The RSE curriculum is in line with the new guidance and is taught through a range of videos and discussion points that are designed to help children to understand the physical and emotional aspects linked to growing up.

The curriculum will cover:

- 1 Relationships
- 2 Puberty
- 3 Menstruation
- 4 Personal Hygiene
- 5 Reproduction
- 6 Gender Identities

Relationships and health education is statutory in primary schools and there is no right to withdraw from these lessons. Parents and carers can withdraw their children from all or part of sex education, which includes reproduction and conception. If you wish to withdraw your child from this element of the RSE curriculum, please complete the withdrawal form attached to the Trust RSE Policy.

<https://benhurst.havering.sch.uk/wp-content/uploads/2021/05/LIFE-RSE-Policy-Approved-April-2021.pdf>

If you have any questions, please do not hesitate to contact me via the school office

Yours sincerely

Miss H Thorpe
PSHE Coordinator

