

# Thirsk Community Primary School

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Headteacher: Mr R. Chandler (B. Ed. Hons. NPQH)



24<sup>th</sup> March 2023

Dear Parents and Carers,

As a part of your child's education at Thirsk Community Primary School, we promote personal wellbeing and development through a comprehensive Personal, Social and Health Education (PSHE) programme.

PSHE education is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential. PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by staff and our Governing Body. The content of lessons reflects up to date North Yorkshire County Council guidance, as well as the Department for Education, and the PSHE Association.

As part of the school's Personal, Social and Health Education programme, your child will receive 6 lessons on the physical and emotional changes experienced through puberty.

If young people can start their transition into adulthood with relevant information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into self-assured and healthy adults. This starts with learning the basics about growing up. The sessions in school may reinforce what you are already doing at home.

The key aims of the session are to:-

1. Provide accurate and relevant information about the physical and emotional changes that occur through puberty.
2. Foster self-awareness and self-esteem.
3. Develop a sense of responsibility and respect for themselves and others.

Teaching staff are trained to deliver PSHE and RSE (Relationships and Sex Education) lessons, and all PSHE teaching takes place in a safe learning environment.

All teaching materials are appropriate to the age and emotional maturity of the students concerned and the teachers will aim to present the programme in an objective, balanced, supportive and sensitive manner.

We would like to invite you to review the Relationships and Sex Education Policy that is currently on our website [https://www.thirsk-pri.n-yorks.sch.uk/web/curriculum\\_policies/421084](https://www.thirsk-pri.n-yorks.sch.uk/web/curriculum_policies/421084) to find out more about what your child will learn, and to help you support your child to discuss these topics at home.

Yours sincerely,

Miss Dalby and Mrs Scholes

Success-everyone,everyday