

Thirsk Community Primary School

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Dear Parents and Carers,

26.5.23

As a part of your child's year 6 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:

- Pupils learn about the changes that occur during puberty
- Pupils learn to consider different attitudes and values around gender stereotyping and sexuality and consider their origin and impact
- Pupils learn what values are important to them in relationships and to appreciate the importance of friendship in intimate relationships
- Pupils learn about human reproduction in the context of the human lifecycle
- Pupils learn how a baby is made and grows (conception and pregnancy)
- Pupils learn about roles and responsibilities of carers and parents
- Pupils learn to answer each other's questions about sex and relationships with confidence, where to find support and advice when they need it

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 to find out more about what your child will learn, and to help you support your child to discuss these topics at home. If you do **NOT** wish your child to participate please contact the school to advise us.

Yours sincerely,

Mrs Kirkman and Mrs Collier

Success-everyone,everyday