



'Our Best at all Times'

Headteacher: Mrs Mitzi Nichol

1 November 2023

Dear Y6 Parents and Carers

PSHE (Personal, Social and Health Education) is the curriculum subject that gives children the knowledge, understanding and practical skills to live safe, healthy, productive lives and meet their full potential. As part of our PSHE program, we will be delivering Relationships Sex and Health Education lessons (RSHE) to the children in Y6. This will begin to take place after half term.

The lessons will cover:

- Changing bodies- puberty
- Emotional changes – how thoughts and feelings may change during puberty
- Understanding the influences around us that affect body image and the way that we see ourselves
- Relationships- understanding what a loving relationship is and the many types of relationships
- Explore positive and negative ways of communicating in a relationship
- Sexual relationships
- Human reproduction

As in previous years, the year group will be split into boys and girls to deliver these lessons.

We will follow lessons from the Jigsaw Scheme of Work which we use for all of our PSHE lessons. All resources are fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association.

A guide for parents about Sex and Relationship Education can be found on our website under the Curriculum and Assessment, PSHE. On our website also is the Stillness Junior School's Relationships and Sex Education Policy. Please note, if you would like to withdraw your child from the non-statutory components of sex education within SRE, please complete the form at the end of the policy and return to Mrs Nichol no later than Friday 9th June.

If you have any questions, email the Y6 team: y6@stillnessjs.lewisham.sch.uk

Yours sincerely

The Y6 Team

