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This is an example of a letter sent to Y6 families ahead of their RSE sessions toward the end of their time at Barkisland Primary School.

Year 6 Relationship and Sex Education (RSE)

A Health Promotion Consultant delivers RSE sessions to year 6. These are 1 – 1½ hour afternoon sessions as follows:

Session 1	Whole class together. About the changes of puberty, both physical and emotional, in both males and females
Session 2	Whole class together. Internal and external reproductive system; conception to birth.
Session 3	Boys/Girls split. About puberty, hygiene, menstruation, self-checking and looking after wellbeing throughout puberty. Q&A

These sessions help to prepare children for the experiences, relationships and changes they will face as they move to high school. They form part of a wider programme of relationship, health and sex education under the umbrella of the PSHE curriculum. For more information please see the PSHE Policy on the school's website.

Please be assured that the content of RSE is completely age-appropriate and handled in a sensitive manner, with lots of opportunity to ask questions and address the many myths in a friendly, open and honest way. We find pupils respond extremely positively to these sessions, which are essential in preparing them for the physical and emotional changes they will experience in the coming years.

If you would like to discuss puberty and reproduction with your child/ren at home, please find below some useful, age-appropriate, links. If you decide to share these, before or after the RSE sessions in school, please take a look yourself first, then introduce the sites to your child to help them navigate and let them know who they can speak to if they have any further questions about the content.

Childline

Information using age-appropriate language to answer questions and address any worries about puberty, periods, appearance, embarrassment, peer pressure and lots more.

<https://www.childline.org.uk/info-advice/you-your-body/puberty/>

Ask Lara (BBC)

Lots of short animated videos covering many topics related to growing up and puberty.

<https://www.bbc.co.uk/programmes/b01j18r6/episodes/guide>

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

*Working with the Diocese of Leeds and the Metropolitan Borough of Calderdale
 May he give you the desire of your heart and make all your plans succeed Psalm 20:4*

