



Dear families,

Relationships and Health Education aims to promote the spiritual, moral, cultural, emotional and physical development of children at school and in society and prepares them for the challenges, opportunities and responsibilities of adult life. Relationships Education includes providing children with reliable information about healthy relationships.

We believe that relationships education should contribute to promoting the spiritual; moral; cultural; mental and physical development of pupils at school: preparing pupils for the opportunities, responsibilities and experiences of adult life. We also believe that relationships education should be taught within a climate of trust, respect and appropriate confidentiality, in which pupils and adults feel able to talk openly and honestly.

At Anston Hillcrest, all pupils are taught the statutory aspect of Relationship Education outlined within the primary Science and PSHE curriculum. This includes teaching about the main external parts of the human body, how it changes as it grows from birth to old age, including puberty and conception in Year 5 and 6.

During Summer term 2, the children in Year 5 and 6 will be taking part in Relationships Education lessons. They will have 2 lessons per week over a fortnight; 4 lessons in total and we will inform you via text of the days during that fortnight in which we will hold these lessons. This suggestion came from our parent consultation meeting held on 25.4.24 and is intended to support any conversations you'd like to have prior, during or after the lessons with your child.

Our children will be taught together in their classes in smaller groups; confidentiality and safeguarding highlighted to all and all pupils will have the opportunity to talk to adults in Y5/6 in 'drop in sessions' if they have any questions afterwards. Within every lesson there will be the class teacher as well as the teaching assistant to support any questions or comments that may arise and both classes will have a 'question box' in which they can anonymously post any queries which will be answered (if deemed appropriate) at the next lesson.

The table below outlines broadly the topics covered and then we use the Jigsaw scheme to support the teachers in their delivery.

Year 5	Year 6
Developing self esteem	Developing self esteem
Understanding puberty and how our bodies change	How do our bodies change in puberty
Understanding conception and how babies are made	Understanding conception and how babies are made
What am I looking forward to for the year ahead.	Positive self image
	Feelings about moving to the next school

The lessons in Year 5 and 6 can be an important opportunity to talk at home about growing up, wellbeing and keeping themselves safe. It also allows children to be able to navigate growing up knowing they can ask for help or guidance when needed at home. To help support parents in managing conversations with their children on these issues; please have a look at some of the weblinks below;

<https://www.nspcc.org.uk/keeping-children-safe/sex-relationships/>

https://www.parentkind.org.uk/about-us/news-and-blogs/blog/why-relationships-education-matters?utm_source=parentkind.org.uk&utm_medium=301

<https://www.autism.org.uk/advice-and-guidance/topics/family-life-and-relationships/sex-education/parents-and-carers>

If you would like more information or if you have any concerns; please contact us as soon as possible.

Kind regards

Mrs K Rayner, Mrs S Curle and Mr Brooks