

Dear Parent / Carer

Personal, Social, Economic and Health Education (PSHE), Sex and Relationships Education (SRE)

Riverside School and the STAR Multi Academy Trust are committed to providing all pupils with a planned Personal, Social, Health and Economic Education (PSHE) programme. This enables pupils to acquire the knowledge, understanding, skills and strategies they need to develop an understanding of themselves. It also helps them to develop empathy, an ability to work with others, to form and maintain good relationships and better enjoy and manage their lives.

As part of the planned programme of study across all year groups we teach pupils about 'Me and My Relationships' which also covers aspects of Sex and Relationships Education (SRE). The aim is to ensure pupils learn about the emotional, social and physical aspects of growing up, healthy relationships and keeping themselves safe. Key aspects of this curriculum area dovetail with the statutory National Curriculum Science programmes of study too.

We are aware that children are maturing at an ever younger age, with some girls starting their periods in Year 4. Consequently in Years 4 and 5 the pupils will start to learn about how their body and emotions will change as they go through puberty. This will include learning about all the male and female body parts and the ways in which boys and girls grow and develop in puberty both physically and emotionally. They will develop skills to form and maintain healthy and positive relationships. However, Year 4 parents can request the withdrawal of pupils if they feel they lack the necessary maturity to deal with such learning at this time. We use the Busy Bodies resource to teach pupils about puberty, as parents you can access this at:

https://www.healthpromotion.ie/health/inner/busy_bodies

In Year 6 pupils further develop their understanding of the physical and emotional changes they go through at puberty and about human reproduction.

We are planning to hold a meeting in the school hall for all the parents of Years 4-6 on Wednesday 13th June at 6pm. This will be an opportunity for you to see what we will be covering and a chance to ask any questions.

Please feel free to come in to speak to any of the Year 4/5/6 team at any time

Yours sincerely,

Ian Yapp