

**Ghyllside Primary School**  
Gillinggate, Kendal,  
Cumbria.  
LA9 4JB  
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Headteacher: Mr.H.B.Davies (BA. Hons)

Dear Parent/Carer,

4<sup>th</sup> June 2025

## **YEAR 6 RELATIONSHIPS AND SEX EDUCATION (RSE) AND HEALTH EDUCATION**

In accordance with the new National Curriculum requirements made statutory from September 2020, we are teaching our programme of Relationships, Sex Education and Health Education on **Monday 23rd, Tuesday 24<sup>th</sup> and Wednesday 25<sup>th</sup> June**. We will be focusing on the changing adolescent body and puberty, how babies are made and how babies are born. We endeavour to do this in as sensitive a way as possible, taking into account the huge range of maturity levels of children at this age.

We will begin by re-capping on different relationships and diverse families and teaching puberty in both girls and boys. We will also talk about how babies are conceived. We will teach this through watching programmes and using various PowerPoint presentations, followed by group discussion work and individual worksheets. All our resources have been recommended by the School Nurse via Public Health England. We will use a DVD produced by, '4learning'- Channel 4, which is nationally recognised as being appropriate for children of this age and is supplied by the Cumbria County Council and the School Nurse in her role as advisor on the topic. We also follow planning from the PSHE Association.

Topics include:

- Relationships – looking at different families, caring friendships, respectful, healthy and loving relationships.
- Looking at the difference between males and females and using scientific names as set out in the Science Curriculum.
- Explaining how a baby is conceived, that a baby develops inside its mother and how babies are born. That both people must consent to sexual intercourse. This is the Sex Education Curriculum.
- Puberty – discussion of physical and emotional changes of boys and girls, including the menstrual cycle – Health Education
- Personal Hygiene – Health Education
- Body Image – Health Education

We think it is important that the transition phase before moving to secondary school continues to support pupil's emotional and physical development effectively and that the above topics will support this. You have a right to request to withdraw your child from the Sex Education section but not from the Relationships, Science and Health Education as it is important that your child understands about healthy relationships, looking after themselves and staying safe. If you would like to read our RSHE Policy, then please have a look at our School website under Policies.

If you have any questions, then please feel free to contact us either via e-mail or telephone us.

Yours sincerely,

Andy Phillips

Liz Meyfroidt

Rachel Towe

**Our Mission:** Ghyllside Primary School – Growing Hearts and Minds  
**Our Values:** Inspiring Healthy Inclusive Nurturing Experiences