



# QUEENSWAY SCHOOL

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Monday 11<sup>th</sup> May 2026

Dear Parents/ Carers,

I am writing to inform you that in Term 6, the Year 6 classes will be following the PSHE curriculum unit of work focusing on relationships and sex education (RSE). Please read the information below which gives you a clear outline of what the children will be learning.

**Part 1- Puberty:** We revisit the learning on puberty covered in Year 5. The teaching is a one-hour session and the BBC Operation Ouch episode '*Don't panic about puberty*' will be used throughout. It is specifically designed for your child's age group and aims to reduce embarrassment, use age-appropriate information and respect family values. During this session we discuss hormones and their effect on the human body. We look at both the physical and emotional changes that will take place during puberty, comparing the similarities and differences between males and females. Diagrams of male and female body outlines are used and there will be a discussion about all the changes including menstruation, female sanitary wear and wet dreams. The children are encouraged to write down any questions they may have anonymously to be answered in the second session.

**Part 2- How babies are made:** This second session looks at our relationships with others. It will emphasise the importance of having a loving and caring relationship between couples and the children will be taught how babies are conceived through sexual intercourse.

Both sessions focus on self-esteem and decision making to enable pupils to be confident, stand up for their beliefs and resist peer pressure in the future. The children will have the opportunity to ask questions. All pupils will be encouraged to talk with their parent/carer about the aspects of puberty that are discussed.

This website provides useful information and resources to support your discussion with your child:  
<https://www.coramfamilylives.org.uk/advice/primary/health-and-development/understanding-puberty/?referer=/advice/primary>

The NSPCC underwear rule will also be included in the sessions. This can be accessed following the link 'The NSPCC 'Underwear Rule.': <https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/underwear-rule/>. Please do have a look at this with your child before the session if possible.

If you would like to discuss these sessions further or have any concerns regarding your child, please do not hesitate to contact your child's class teacher. You have the right to withdraw your child from sex education (Part 2), but we would ask that you put your request in writing to Mrs Horbury-Jakeman.

With thanks,

Ashley Pile

PSHE lead