



St. Peter's Community Primary School

St. Peter's Road
Portslade-By-Sea
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Headteacher: Michele Lawrie BA, MA, NPQH

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16th July 2018

Dear Parents/Carers,

This term Harbour class will be learning about; puberty and how the body changes as they get older as part of their P.S.H.E. topic.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

The key aims of relationship & sex education (RSE) are to:

- 1 Provide accurate and relevant information about the physical and emotional changes that children and young people will experience through their formative years and into adulthood.
- 2 Establish an awareness of the importance of stable family life and relationships, including the responsibilities of parenthood and marriage.
- 3 Foster self-awareness and self-esteem.
- 4 Develop a sense of responsibility and respect for themselves and others.

The RSE programme includes watching a dvd from the Channel 4 *Living and Growing* series and input from the class teacher. All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and I aim to present the programme in an objective, balanced and sensitive manner.



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The programme will cover:

- 1 Love, Marriage and Relationships;
- 2 Puberty;
- 3 Menstruation;
- 4 Personal Hygiene.

Parents can withdraw their children from all or part of sex education that does not form part of the statutory National Curriculum. If you wish to withdraw your child from all or part of the school's sex education programme would you please contact me before the lessons start on 19th July 2018.

If you have any questions or concerns about the relationship and sex education programme, please get in touch.

Yours faithfully,

Mr. Logue