



Christ Church
CE Primary School

Growing and Learning Together in Christ

Head of School: Mrs K. James

Dear Parent/Carer,

Year Six Relationships and Health Education Programme

We believe that promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) and Relationships and Health Education (RHE) course, using SCARF resources from the leading children's health and wellbeing charity, Coram life Education. We look at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In the next few weeks our school will be welcoming the School Nurse to deliver some of the RHE aspects of our PSHE programme to Year 6. This programme is designed to help children prepare for the changes that take place, both physically and emotionally during puberty, as they enter their adolescent years. It will also help us to ensure that we cover Relationships Education and Health Education. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

You and your child will have the opportunity to give us valuable feedback regarding the programme; we will be conducting some evaluations with the children following their session and you are very welcome to come into school to see the resources for yourself.

The workshop, entitled Time for Change, led by the School Nurse will be delivered to our Year 6 pupils on Monday 15th June in 2 workshops, for girls, then boys, and will focus on:

- Understanding the changes that place during puberty for both boys and girls so that children can approach these changes with confidence
- The products that they may need during puberty and why
- What menstruation is and why it happens
- Naming the reproductive organs
- Dispelling some of the myths associated with puberty
- Developing resilience to deal with situations they may face as they reach puberty
- Identifying ways of managing situations

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Teaching about puberty is part of the Science National Curriculum. The curriculum states the statutory (legal) requirement that: "Pupils should be taught to describe the changes as humans develop to old age."

Monday 15th June 2026 In addition, teaching about puberty is an integral part of the Programmes of Study for Science in Key Stage 2 which states that: "Pupils should draw a timeline to indicate the changes in the growth and development of humans. They should learn about the changes experienced in puberty."

It should also be noted that from September 2020 the subject of puberty became part of a new statutory subject: Health Education. The DfE's statutory guidance states that pupils should know "Key facts about puberty and the changing adolescent body, particularly from age 9 through to age 11, including physical and emotional changes (and) about menstrual wellbeing including the key facts about the menstrual cycle."

Appropriate questions that arise from the children during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources used have been reviewed by the school for their suitability, and tailored to suit our children's needs.

We recognise that parents play a vital part in their child's RHE, and we encourage you to explore these questions with your child at home as well. If further advice or support is required please do not hesitate to speak to your child's class teacher or the Head teacher.

Yours sincerely

Mr N Jackson
Y6 Teacher