

Parents and Carers,

As a part of your child's education at St John's C of E Middle School, we promote personal wellbeing and development through a comprehensive Personal, Social, Citizenship, Health and Economic (PSHE) education programme.

PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, after Easter, your child will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of this programme.

In year 5 this will include pupils learning about:

- Healthy relationships, including peer pressure; growing and changing, including puberty;
- Personal hygiene; changing feelings; keeping safe; the importance of balance in their lifestyle. Pupils will also have opportunities to ask questions.

In Year 6 they will cover the areas that were missed in year 5 due to school closures. (Above) as well as:

- Further work on Healthy relationships, change and becoming more independent
- Management of risk, influences and pressure
- How a baby is made
- The importance of sleep during adolescence

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. All PSHE teaching takes place will take place in a safe learning environment and is underpinned by our school ethos and values.

We would have liked to have invited you into school to view some resources and ask any questions. Unfortunately, the current Covid pandemic means that this will not be possible. We originally planned to do this via Zoom but were advised that an alternative format would be more appropriate:

- Friday 26th March 2021 – On our website, details on how and why we teach RSE and PSHE. You will also find a series of frequently asked questions. [Click Here](#)
- You will also receive a parentmail regarding an electronic consultation form. Once you have read the policy and details on the website, any feedback or questions can be added and, if there is something that you wish to discuss further, a call can be requested.

As a school community, we are committed to working in partnership with parents; parental feedback has indicated that the overwhelming majority of parents are highly supportive a relationships and sex education programme. We look forward to hearing your views and feedback.

Yours sincerely,

Kevin Medway

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