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11<sup>th</sup> May 2023

Dear Parent/Carer,

### **Re: Year 6 Relationships Education and Health Education**

At Red Hill Field we aim to help children to learn to respect themselves and others and move safely and confidently from childhood, through adolescence, into adulthood. We deliver much of this work through Relationships and Health Education, which are statutory parts of the broader subject, PSHE.

As part of our programme we provide Relationships and Sex Education (RSE). There is more information about the areas your child will be covering below. We are very aware that the RSE we deliver in school is only a small part of children's learning about their bodies, keeping safe, emotions, relationships and themselves. The majority of children's learning in this area takes place with you at home.

Next week we will be delivering lessons in year 6 about 'Growing and Changing'. Our learning covers some elements of Science, some Relationships Education and Health Education.

Your children will be engaging with the following questions as part of this work:

- **What are male and female sexual parts called and what are their functions?**
- **How can I talk about bodies confidently and appropriately?**
- **What happens to different bodies at puberty?**
- What might influence my view of my body?
- **How can I keep my growing and changing body clean?**
- What are different ways babies are conceived and born? (Sex Education)
- **What effect might puberty have on people's feelings and emotions?**



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- **What should adults think about before they have children?**
- **Why might people get married or become civil partners?**
- **What are different families like?**

**Bold** from either of the statutory areas, Relationships Education or Health Education

We encourage you to discuss these areas with your child before, during or after our topic, as children say that they greatly value being able to talk with their parents/carers about these issues. These are some useful sources of support:

To read the government guidance for Primary parents on RSE follow this link:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/907638/RSE\\_primary\\_schools\\_guide\\_for\\_parents.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/907638/RSE_primary_schools_guide_for_parents.pdf)

For some ideas on how you might want to answer your children's questions go to:

[www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb](http://www.bbc.com/teach/class-clips-video/pshe-ks2-the-big-talk/zn8f7nb)

For information on talking about RSE to your children, try:

[www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it](http://www.fpa.org.uk/advice-parents-and-carers/how-start-talking-about-it)

[www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/](http://www.bigtalkeducation.co.uk/parents/how-to-talk-about-sex/)

[www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexualbehaviour-children-young-people/](http://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/healthy-sexualbehaviour-children-young-people/)

You have the right to withdraw your child from the elements of our programme defined as sex education, i.e. learning about human conception and birth.

Please contact us if you would like to discuss this. If you would like to discuss any issues relating to our work on RSE, or to find out more about the lessons, please contact a member of staff in the department. We have carefully reviewed the resources we use to support our teaching, to ensure they are appropriate to the age and needs of the children.

Yours faithfully,

Miss Hall and Mrs Press

