

Thursday 15th October 2020

Dear Year 5 parents and carers,

RSE Lessons

During the first 2 weeks of Autumn Term 2, we will be teaching the children about Relationships and Sex Education as part of our PSHE programme of study.

Due to lockdown and home learning in the summer term, we made the decision to refrain from teaching the children RSE remotely last summer, with the intention of teaching it safely upon our return to school. Therefore, the children will be taught the Year 4 RSE they missed, over the coming weeks. This will be blocked into one week of teaching. The aim of these lessons is to start providing knowledge and understanding of how the human body changes and begin to address the topic of human reproduction. The lessons in school may reinforce and support discussions you are already having at home. The children will then resume their Year 5 RSE in the summer term.

In the document **Sex and Relationships Education for the 21st Century** it states: **'SRE plays a vital part in meeting schools' safeguarding obligations. Ofsted is clear that schools must have a preventative programme that enables pupils to learn about safety and risks in relationships.'**

All teaching materials are appropriate to the age and emotional maturity of the pupils concerned and the teachers will present the information in an objective, balanced and sensitive manner.

Please see the intended lesson outcomes below:

The aim is that by the end of the lessons the children in Year 4 will:

- Lesson 1: Unique Me & Having a Baby
 - Understand that some of my personal characteristics have come from my birth parents and that this happens because I am made from the joining of their egg and sperm.
 - Correctly label the internal and external parts of male and female bodies that are necessary for making a baby

Key words from this session: characteristics, egg, sperm, conception, inherited, penis, testicles, vagina, womb, ovaries, making love, fertilise, reproduction

- Lesson 2: Puberty
 - Describe how a girl's body changes in order for her to be able to have babies when she is an adult, and that menstruation (having periods) is a natural part of this.
 - Know that I have strategies to help me cope with the physical and emotional changes I will experience during puberty

Headteacher: Miss S McGann

Deputy Headteacher: Mrs K Saunders

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Connaught Junior School, as part of TAMAT, is committed to safeguarding and promoting the welfare of children.



"Caring, Confident, Committed"

Key words from this session: puberty, menstruation, periods, deodorant, sanitary products

- Lesson 3 and 4: Circles of Change
 - Know how the circle of change works and can apply it to changes I want to make in my life.
 - Am confident enough to try and make changes when I think they will benefit me.
 - Can identify changes that have been and may continue to be outside of my control that I learn to accept.
- Key words from this session: circle, seasons, changes, control

If you have any questions regarding what will be taught, please either email me at snowdon@cjs.tamat.org.uk or your child's class teacher.

Kind Regards,

Katie Carroll

Headteacher: Miss S McGann Deputy Headteacher: Mrs K Saunders

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