

Littledean Church of England Primary School

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People with time for Children

Monday 29th June 2026

Dear Parents/Carers

As part of our year 5/6 PSHCE scheme of work we will be teaching Relationships and Sex Education (RSE) during the last week of this term (week beginning 13th July). This will involve discussions about the physical and emotional changes your child may go through as they reach puberty. We will watch BBC teaching clips, DVDs and read books which talk about these changes. All materials we use are designed for 7-11 year olds and appropriate to the age and emotional maturity of our pupils.

Depending on the coverage of the lesson and possible feelings of embarrassment for the children, lessons will be taught as a whole class, in small groups and for some sessions just year 6. Children will have the opportunity to ask questions either in person or anonymously through a Question Box. Questions will be dealt with in a frank and honest manner using the correct scientific vocabulary. You may find your child asks you questions about some of the things they have discussed in class. At the end of this letter are the resources we will be using in school together with suggested books you may like to purchase in order to help support your child through their understanding of puberty.

Scheme of work overview:

Lesson 1 Year 5 and 6	What physical changes occur during puberty?
Lesson 2 Year 5 and 6	What are the female reproductive organs? What happens to girls during puberty? What is menstruation?
Lesson 3 Year 5 and 6	What physical and emotional changes occur for boys during puberty? <i>Including change in voice, wet dreams, hair growth.</i>
Lesson 4 Year 5 and 6	What personal hygiene steps need to be taken during puberty? <i>Discussions will include the use of deodorants, sanitary towels, tampons, soap, spot cream. Opportunities to discuss worries and concerns children have about puberty.</i>
Lesson 5 Year 6 ONLY	What are the male and female reproductive organs? Can children label and explain the function? <i>Including, penis, testicles, sperm, sperm duct, ovaries, fallopian tube, cervix, vagina, uterus etc.</i>
Lesson 6 Year 6 ONLY	How are babies made? How are babies born? <i>Scientific terminology will be used.</i>
Lesson 7 Year 6 ONLY	What different types of families are there? <i>Discussions will include: mum and dad, single parent, two mums, two dads, adoption, fostered etc.</i> What makes a healthy relationship?

If you feel you would like to discuss this unit of work prior to 13th July, please contact the school to make an appointment with Miss May or Mrs McGoldrick. If you wish to view the materials and/or four programmes (15mins each) please contact Miss May by 6th July.

Yours sincerely

Miss L May

Head teacher: Mrs Hayley McGoldrick

DVD:

All About Us: Living and Growing (primary sex and relationship education 5-11 year olds) - 4Learning.

Teaching Resources:

Relationships and Sex Education - the PINK curriculum - Gloucestershire Healthy Living and Learning (GHLL)

Living and Growing Unit 2 and Unit 3 Resource Book

Website Clips:

Oh No! It's Here! - www.bbc.com/education/clips/zdypyrd

Some of your bits ain't nice - youtube

Miracle of Life - www.youtube.com/watch?v=GE_l186boUU

Books used in lessons:

Hair in Funny Places by Babette Cole

Mummy Laid an Egg by Babette Cole

Books you could use to support your child:

What's Happening to me? (For girls) - Usborne

What's Happening to me? (For boys) - Usborne

