

8<sup>th</sup> June 2021

Dear Parents/Carers

As part of the school's Personal, Social and Health Education programme, your child will soon receive lessons on relationships, the human body and puberty.

The purpose of these sessions (also known as RSE) is to provide knowledge and understanding of the human body including changes during puberty. Discussions about relationships will always promote relationships based on love and respect. We aim to develop understanding and attitudes which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of a stable family life.

Nowadays there is a vast amount of information about relationships which young people may have access to via TV, the internet, magazines, console games and older siblings/children. Information from all of these different sources can often make children confused and concerned.

Young people who start their transition into adulthood with a clear understanding and knowledge about the changes they are experiencing, grow into more confident and healthy adults able to make positive choices. This starts with learning the basics about their bodies and how they change as they grow up; the sessions in school will reinforce discussions that you are already having at home.

The key aims of RSE are to:

1. Provide accurate and relevant information about the physical and emotional changes that children will experience as they get older and move toward adulthood.
2. Establish an awareness of the importance of stable family life and relationships.
3. Foster self-awareness and self-esteem.
4. Develop a sense of responsibility and respect for themselves and others.

The RSE policy and curriculum intent can be found on the Moorside Primary School and Nursery website <https://www.moorsideschools.org.uk/policies/relationships-sex-education-rse-policy/>.

The policy and curriculum intent have been agreed by school staff and Governors.

You are welcome to contact your child's class teacher to discuss the programme or to view any of the teaching materials used.

Kind regards,



**Mrs C Rowett**  
Headteacher