



Friday 9th June 2023

Dear Parent/Carer

On Friday 23rd June, the school nurses are coming in to talk to Cedar class and Hazel class about 'Relationships and Sex Education'. These talks are delivered in an age appropriate way in line with our RSE curriculum unit 'Changing Me'.

The sessions are regularly updated based on JIGSAW information and on recommendations from PSHE Association <https://pshe-association.org.uk>

This year the sessions will cover:

PUBERTY – GROWING & CHANGING

- Puberty & changes
- Correct names of female and male reproductive organs
- Periods (Menstruation) and products to use
- Wet dreams and erections & how to manage both
- Hygiene & keeping healthy

SEX EDUCATION – GROWING UP, MOVING ON & BECOMING YOUNG ADULTS

- Consent and keeping ourselves safe (Underpants rule)
- Reproduction
- Birth and babies
- Where to go for help and support

This is a non-compulsory element of the PSHE curriculum. Please contact us at school if you wish to discuss this further.

The Changing Me unit will be sent to you separately via a text message containing a link

We hope that this will give you the opportunity to have discussions at home about this learning if you would like to do so.

Yours sincerely

Mrs A Thompson
Head of School

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