



Dear Year 5 & 6 Parents and Carers,

Science and Relationship and Sex Education (SRE) programme

We are writing to inform you about the exciting science and relationship and sex education (RSE) learning that the children will be experiencing in the upper school.

As part of the Science and RSE curriculum, we cover the lifecycle of humans, in line with the government guidance. Details of our provision is outlined below:

In Year 5 the children will be learning:

Every kind of family:

The pupils will explore what it means to be part of a family. What does a family look like? Are they all the same? Children will investigate how every family will differ in its make-up. Children will look at the family tree and where they get their features from. For example, do you have your grandparent's nose? Children will also understand that not all children will know where their features come from and that this is ok. Children will understand that you get certain features from each of their biological parents and that two separate cells come together to create a new person.

Changes:

In this session, the pupils will look at the changes that both male and female bodies go through over their lifetime. They will learn the scientific names for the male and female sexual organs (penis, testicles, vagina, vulva, labia, cervix, uterus, ovary, fallopian tubes). They will look inside both a male and a female and identify the anatomy.

Males changes – Pupils will look at the growth of body hair, the deepening of the voice (voice breaking), night time emissions (wet dreams)

Female changes- development of breasts, the growth of body hair and periods.

All pupils will be included in the learning of the changes at puberty, however an additional session, where the girls and boys split, will be made available for each group to discuss the changes further in a same sex group.

The children will have access to a question box where they can place any questions that may arise from the teaching. Teachers will address the questions that relate to any of the covered areas, however, areas not covered by the lesson, such as masturbation, will be handled sensitively (example: teacher to say, "this is an interesting question...") and then direct the child back to the parents to make the decision on how much their child should know about this subject.



New life:

In this session the pupils will investigate how new life is formed and how it develops. Pupils will learn about the conception of a new life, including the coming together with another person, the insertion of the penis into the vagina and the ejaculation of semen. The children will understand that the semen contains the cells that are needed to fertilize an egg, to create new life. Pupils will discuss the development of the cells to form a foetus and the gestation period, before understanding how a baby is born. The pupils will also compare the gestation periods of other animals such as mice and elephants and compare them to that of human babies.

Girl/Boy Talk:

This session gives the pupils, in same sex groups, the chance to talk about what they have learnt in the previous session and ask questions that relate to them. Both sessions will look at personal hygiene, such as the importance of washing regularly, the use of underarm deodorant and the use of sanitary protection. Boys will also discuss sanitary products and how they are used, however girls may wish to talk about this further and in more detail.

Children in Year 6 will learning:**Feelings about change:**

Pupils in Year 6 will recap the learning that they had in Year 5. They will revisit puberty and the changes that they will experience and talk more about the emotional side of puberty. Pupils will explore what it means to grow up and have different feelings about their bodies. They will look at the effect of hormones on their feelings and how to deal with them.

Relationships and marriage:

In this unit, pupils will be introduced to what makes a successful relationship? They will investigate what makes a positive relationship. Pupils will investigate how a relationship should feel and the way that each member of the relationship should behave. Pupils will discuss what is a healthy relationship and what is an unhealthy relationship. Pupils will also investigate what marriage is, who it is available to and why people marry. They will look at the positive reasons for marriage and reasons not to get married.

Positive Image:

As part of the delivery of the SCARF curriculum, children will also learn about body image through a series of lessons. Pupils will investigate the way mainstream media and social media present the body. They will learn about the way pictures in the media are manipulated and discuss the reasons for this. They will recognise the value of qualities as well as looks.

Should you wish to discuss the content further, please contact the office and a member of the upper school will contact you.

Yours sincerely,

The Upper School Team

