



Westlands Primary School

A member of Swale Academies Trust



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VTP/ELB/Year 6/PSHE/RSE

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Dear Parents/Carers,

We are writing to inform you that we have made a change from our published scheme of work for PSHE (Personal, Social, Health, Education)/RSE (Relationships and Sex Education) for Year 6 during this academic year in line with the new government expectations.

As part of this change, our Year 6 pupils will be taught the new Year 5 unit 'Changing Me' during Term 5 of this year along with the planned new Year 6 unit in Term 6. We are teaching the Year 5 unit as it was missed due to the Covid closures last academic year and it covers essential elements of the PSHE and RSE curriculum which would not be directly repeated in Year 6.

Key documentation that we encourage parents to read include:

- Jigsaw RSE parent booklet
- Westlands Primary School Relationships and Sex Education Policy
- Westlands Primary School RSE Scheme of Work
- Government RSE guidelines
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Please see the table below, which outlines the learning intentions for each session:

Year 5 Piece/Lesson	PSHE/RSE learning intention	Social and emotional development learning intention
1. Self and body image	I am aware of my self-image and how my body image fits into that.	I know how to develop my self-esteem.
2. Puberty for girls	I can explain how girls' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.	I understand that puberty is a natural process that happens to everybody and that it will be ok for me.
3. Puberty for boys	I can describe how boys' bodies change during puberty.	I can express how I feel about the changes that will happen to me during puberty.

4. Conception	I understand that sexual intercourse can lead to conception, and that is how babies are usually made. I also understand that sometimes people need IVF to help them have a baby.	I appreciate how amazing it is that human bodies can reproduce in these ways.
5. Looking ahead	I can identify what I am looking forward to about becoming a teenager and understand this brings growing responsibilities (age of consent)	I am confident that I can cope with the changes that growing up will bring.

Year 6 Piece/Lesson	PSHE/RSE learning intention	Social and emotional development learning intention
1. My Self Image	I am aware of my own self-image and how my body image fits into that	I know how to develop my own self esteem
2. Puberty revisited	I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally	I can express how I feel about the changes that will happen to me during puberty
3. Babies: Conception to birth	I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born	I can recognise how I feel when I reflect on the development and birth of a baby
4. Boyfriends and girlfriends	I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend	I understand that respect for one another is essential in a boyfriend/girlfriend relationship, and that I should not feel pressured into doing something I don't want to
5. Real self and ideal self	I am aware of the importance of a positive self-esteem and what I can do to develop it	I can express how I feel about my self-image and know how to challenge negative 'body-talk'
6. The year ahead	I can identify what I am looking forward to and what worries me about the transition to secondary school /or moving to my next class.	I now know how to prepare myself emotionally for the changes next year.

The majority of the Relationship and Sex Education scheme of work is statutory (set by the government) so all pupils are required to participate.

Parent Presentation

Ordinarily we would have a meeting with parents to go through a presentation about the above, but unfortunately at the moment this is not possible. Instead we will be sharing a presentation with you remotely on the following days/times (the presentation will last for about 30mins):

Wednesday 28th April at 1.30pm

Wednesday 28th April at 4:30pm

If you would like to join one of these presentations, please click on the link below to fill in the google form confirming which one and your email address and we will send you an invitation to a Google Meet.

<https://forms.gle/PLgA6QRvcLLkER2HA>

Please join the meeting with your microphone and camera off - we ask that you keep them off for the entire duration of the presentation.

We ask that you do not record any part of the presentation for copyright reasons and refrain from asking questions within the meeting and instead refer to the section below if you would like to raise a question with us so we are able to respond appropriately.

What do I do if I have a question?

We encourage parents to read all of the information above and listen to the presentation during the session if possible; if you have any questions following this please contact the school office via WEDUC by **9am Friday 30th April**.

We will collate all of the questions that have been asked and together with the answers we will share these with you all (where appropriate, any individual concerns/questions will be removed). All questions will be anonymous.

Yours sincerely,



Mrs Pettett
Head of School



Mrs Burr
Assistant Headteacher and Year 6 Lead