



# Westlands Primary School

*A member of Swale Academies Trust*



Headteacher: Mrs V Pettett  
Deputy Headteacher: Mrs J Burr

Homewood Avenue  
Sittingbourne  
Kent ME10 1XN

e-mail: [wpsoffice@swale.at](mailto:wpsoffice@swale.at)

Tel: 01795 470862

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.

We, along with the government, believe that an age appropriate, drip feeding of information is really important and would like to work in partnership with home to ensure that children are given a consistent message.

In this letter we will indicate what your child will cover in their year group during the unit and refer you to key documentation that you may wish to familiarise with. It is important to note that, with only a couple of exceptions in upper KS2, the new scheme of work is statutory and parents cannot withdraw their children.

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

Please see the table below, which outlines the learning intentions for each session:

Year 6 Piece/Lesson	PSHE/RSE learning intention	Social and development intention	emotional learning
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. Maintain positive relationships	I know myself well enough to maintain positive relationships with others whilst still keeping my own identity.	I can be assertive when appropriate
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. Where appropriate, the children will be grouped by sex to give them a comfortable space to discuss any questions.

If you have any questions regarding the RSE content, please speak to your child's class teacher.

Yours sincerely,



Mrs Pettett  
Headteacher



Mr Colbran  
AHT