

15th December 2023

Year 6 PSHE Lessons – Relationships, Growing and Changing

Dear Parents and Carers

During their Spring term PSHE lessons, Year 6 pupils will be studying puberty and reproduction. They will learn about feelings, emotions and hormones; recap how the human body changes; learn about the male and female reproductive systems and conception.

To support the delivery of PSHE and RSHE, we have adopted a quality-assured programme called 1Decision which has been kitemarked by the PSHE Association - the UK's governing body for the subject area. The 1decision resources have been created by PSHE and Safeguarding experts, together with schools. Please visit the parent/carer zone to view clips from the puberty and conception resources; <https://www.1decision.co.uk/resources/parent-carer-zone>

We want to assure you that our curriculum is taught in an age-appropriate manner and provides pupils with the time to ask questions in a safe environment and ultimately receive information based on facts, rather than hearing content second-hand or via online platforms.

A knowledge organiser is attached showing an overview of the lesson content. Pupils will be taught these lessons on Friday afternoons over the first half of the Spring term.

If you would like to discuss this further or see any of the resources, please contact your child's teacher.

Yours sincerely



Mrs Angella
PSHE and Personal Development Leader

Ready, Respectful, Safe