

Underwood West Academy

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18th June 2021

Dear Parents and Carers,

As a part of your child's education at Underwood West Academy, we promote personal wellbeing and development through a comprehensive Personal, Social, Health and Economic (PSHE) education programme. PSHE education is the curriculum subject that gives children the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

I am writing to let you know that, starting from WC 28/06/21, children in Years 1 – 6 will be taking part in 3 weeks of lessons that will focus on the Relationships and Sex Education (RSE) aspect of the PSHE programme.

Each year groups lessons will be age appropriate and focus on Healthy relationships, including friendships; families; growing and changing; personal hygiene; changing feelings; becoming more independent; keeping safe; developing self-esteem and confidence. Pupils will also have opportunities to ask questions. Please refer to grid below showing a breakdown for each year group:

| | YEAR 1 | YEAR 2 | YEAR 3 | YEAR 4 | YEAR 5 | YEAR 6 |
|-----------------|--|------------------------------------|--|--------------------------------|-----------------------|---|
| | <u>GROWING & CARING FOR OURSELVES</u> | <u>DIFFERENCES</u> | <u>VAULING DIFFERENCES & KEEPING SAFE</u> | <u>GROWING UP</u> | <u>PUBERTY</u> | <u>PUBERTY, RELATIONSHIPS & REPRODUCTION</u> |
| LESSON 1 | Keeping clean | Differences: boys & girls | Differences: male & female | Growing & changing | Talking about Puberty | Puberty & reproduction |
| LESSON 2 | Growing & changing | Differences: male & female animals | Personal space | What is Puberty? | Male & female changes | Understanding relationships |
| LESSON 3 | Families & care | Naming the body parts | Family differences | Puberty changes & reproduction | Puberty & hygiene | Conception & pregnancy |

PSHE education is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and governing body. Please visit the school's website below for more detail about our PSHE curriculum:

<https://underwood.schooljotter2.com/classes/pshe-rhe>



Inspiring Exciting Futures

| Principal: Mrs L Jones |

If you would like to find out more or discuss any concerns, we would urge you to email using teachers@underwoodwest.cheshire.sch.uk and I will organise a suitable time to have a chat with you. If you would prefer your child not to take part in these lessons, then please let us know using the same email before Friday 25th June.

Yours sincerely,

Mrs Minor
PSHE & RSE Teacher & Mental Health Lead