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Dear Parents,

Years 5 & 6 'Growing and Changing' & 'Reproduction'

It is a requirement of the National Curriculum that Health, Relationship and Sex Education (HRSE) is taught to children.

In order to fulfil this Donna Moore, a Specialist Health Educator, is coming into school on **9th July at 9.00am** to talk with both year 5 and 6.

Firstly, there will be a session 9-11am with all year 5 about growing and changing during puberty. The aim of the session is to help and support your children through the physical, emotional and moral development that will happen to all of them.

The pupils complete an activity to identify the physical and emotional changes during puberty - this will include menstruation and nocturnal emissions, which is then followed up by discussion. The children will also watch a puberty video. this is the link for the video that gets shown. Please note that Donna has shortened the video to remove the initial introduction.

<https://www.youtube.com/watch?v=Bw1N06PKhu4>

The DVD discusses all the body changes that have been discussed during the session. any issues that arise are dealt with sensitively.

The talk and DVD is normally followed up with a leaflet that the pupils will bring home for you to



look at and discuss with them should you wish to do so.

After break there will be a session just for year 6's on 'how babies are made and how babies are born'.

The focus of the session is learning about loving adult relationships, the session will cover what happens during sexual intercourse, the process of conception, the developing foetus in the womb and child birth.

The children have an opportunity to share things they know about their birth so if any of the children would like to bring in a baby photo then Donna would love to see them.

Donna has a few short video clips that get shown during the session, 2 of them are not now available on the internet so please ask school if you would like to view them.

Two of the videos can be found on You Tube:

The computer animation of the baby coming down the birth canal.

<https://www.youtube.com/watch?v=duPxBXN4qMg>

And further video of conception to birth is here

<https://www.youtube.com/watch?v=SK72lu8TbF4>

Any issues that arise are dealt with sensitively, we have arranged with Donna that her contact details are available from school if anyone would like to talk her about the content of the lesson or watch the video clips shown.

Should you not wish your child to take part in this lesson, please inform either Miss Sadler, Mrs Daley, Mr Maher or Miss Robinson.

Many thanks.

Miss Sadler, Mrs Daley, Mr Maher, Miss Robinson