



UPLANDS MANOR PRIMARY SCHOOL

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Dear Parent/Carer

Nowadays there is a vast amount of, sometimes confusing, information about relationships and sex on the internet, on TV, in magazines, etc., which young people may have access to and this can sometimes make an already confusing time seem even more complicated! Therefore, as part of the school's Personal, Social and Health Education programme, your child will receive lessons on relationships, sexual health and puberty.

The purpose of Relationship Education (RE) is to provide knowledge and understanding of how the human body changes during puberty and the processes of human reproduction, within the context of relationships based on love and respect. It should develop understanding and attitudes, which will help pupils to form relationships in a responsible and healthy manner and to appreciate the value of stable family life, including the responsibilities of parenthood and marriage.

If young people can start their transition into adulthood with good information and the confidence and knowledge to understand what is happening to them, they will hopefully grow into confident and healthy adults able to make positive choices. This can start with learning the basics about growing up and the sessions in school may reinforce what you are already doing at home.

My Mate Fancies You is an educational resource that helps young people aged 10-12 years old to learn about the physical and emotional changes ahead.

"If pupils are kept ignorant of their human, physical and sexual rights they are not being adequately safeguarded. When inspecting school's inspectors are guided to check that the sex education in national curriculum science at Key Stages 1-3 is being adequately taught; and that primary schools have regard to the Department for Education statutory guidance on teaching pupils about puberty before they experience the onset of physical changes."

Please can you complete the activities that have been uploaded with your children.

If you have any questions regarding the planning and resources please contact Miss Roddis via the email: year6@uplandsmanor.sandwell.sch.uk.

Yours faithfully

Miss K Roddis
Assistant Head Teacher UKS2