



# ST LUKE'S CofE PRIMARY SCHOOL

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26<sup>th</sup> November 2025

Dear Parent/Carer,

## Year 6 PSHE and Relationships Programme

Promoting the health and well-being of our pupils is an important part of their overall education. We do this through our Personal, Social and Health Education (PSHE) programme. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

On Thursday 8<sup>th</sup> January, our school will be welcoming the leading children's health and wellbeing charity, Coram Life Education (CLE) into our school to deliver some of the relationships and sex education (RSE) aspect of our PSHE programme to years 5 and 6. This programme is designed to help children make healthy choices and keep themselves safe during their school years and beyond. From September 2020, relationships education became a legal requirement; parts of sex education were already legal requirements before this time, within the National Curriculum. The design of the programme has considered the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children.

The workshops, led by an experienced, trained CLE educator, will be delivered to our Year 6 pupils, where there are 3 main areas of focus:

- Body image and the media- We want the children to recognise that photos can be changed to match society's view of 'perfect'. It's also important that the children can identify qualities that people have, as well as how they look.
- Puberty and what is 'normal' - We've taught the children about physical and emotional changes during puberty and where to get support if they are feeling challenged by these changes.
- Sexual intercourse, conception, reproduction and birth- During these lessons, children have gained an understanding of the changes that happen in puberty to allow sexual reproduction to occur, as well as ways in which the sperm can fertilise the egg to create a baby, including sexual intercourse and assisted reproduction.

Appropriate questions that children might ask during the workshops will be answered honestly, factually and in the context of safe, supportive, loving, and caring relationships. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and tailored to suit our children's needs.

There is sometimes concern that RSE in school might promote sexual experimentation or cause confusion about an individual's sexuality. The research on quality RSE in the UK by the National Survey of Sexual Attitudes and Lifestyles team over several years consistently shows that adults who reported that *lessons at school were their main source of information about sex* were more likely to have started having sex at a **later age** than those for whom parents or other sources were their main source.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to explore these topics with your child at home as well. If further advice or support is required, please do not hesitate to speak to your child's class teacher through the school office or email.

Yours Sincerely,

*H. Padam*

Class teacher/Assistant Headteacher