

Headteacher: Ms T Oakley  
Deputy Headteacher: Mr T Hadfield



Cuckoo Lane  
Ashford, Kent  
TN23 5DA

Email: bgpoffice@swale.at

Tel: 01233 621989

---

***“It’s Good To Be G.R.E.E.N. It’s Great to be B.E.A.V.E.R G.R.E.E.N.”***

5th May 2026

### **Year 6**

#### **Relationships and Sex Education (RSE)**

Dear Parents/carers,

During Terms 5 and 6, we will be teaching children about health, relationships, and sex education as part of our PSHE programme of study - *Relationships and Sex Education (RSE)*.

Parents/carers do have the right to withdraw pupils from some or all parts of **sex education only**. The ‘Relationships and Health Education’ aspects of the programme is considered compulsory for all pupils receiving primary education, and therefore parents/carers are unable to withdraw consent. This is because Relationship Education plays a vital part in meeting schools’ safeguarding obligations. Ofsted is clear that schools must offer an education that enables pupils to learn about safety and risks in relationships.

If you have previously withdrawn your child from these lessons and wish for that to continue, please confirm this in writing. You can email [bgpoffice@swale.at](mailto:bgpoffice@swale.at) or drop a letter into the school office by Friday 8th May.

#### **Relationships Education – COMPULSORY**

*The aim is that by the end of Term 5 the children in **Year 6** will learn the following:*

##### **What is Mental Health?**

- I know that it is important to take care of my mental health.

##### **My Mental Health**

- I know how to take care of my mental health.

##### **Love and Loss**

- I understand that there are different stages of grief and that there are different types of loss that people can grieve.

##### **Power and Control**

- I can recognise when people are trying to gain power or control.

### Being Online: Real or Fake? Safe or Unsafe?

- I can judge when something online is safe and helpful for me.

### Using Technology responsibly

- I can use technology positively and safely to communicate with my friends and family.

### Relationships and Sex Education

*The aim is that by the end of Term 6 the children in **Year 6** will learn the following:*

#### My Self Image

- I am aware of my own self-image and how my body image fits into that.

#### Puberty

- I can explain how girls' and boys' bodies change during puberty and understand the importance of looking after yourself physically and emotionally.

#### Babies: Conception to Birth

- I can describe how a baby develops from conception through the nine months of pregnancy, and how it is born.

#### Boyfriends and Girlfriends

- I understand how being physically attracted to someone changes the nature of the relationship and what that might mean about having a girlfriend/boyfriend.

#### Real self and ideal self

- I am aware of the importance of a positive self-esteem and what I can do to develop it.

All teaching materials are appropriate to pupil's age and emotional maturity and your child/ren's teachers will present the information in an objective, balanced and sensitive manner.

I endeavor to help support parents in managing conversations with your children on these issues. If you have any queries or concerns, please contact the school office to arrange a meeting with myself.

Thank you for your support.

Yours Sincerely,

Mrs C Osgood

PSHE Subject Lead