

**Head Teacher**

Miss Emma Churchman

**Telephone:** 01473 624409

[office@martleshamacademy.org](mailto:office@martleshamacademy.org)

[www.martleshamacademy.org](http://www.martleshamacademy.org)

**10 June 2021**

Dear Parents,

**Silver Studded Blues Relationships, Sex and Health Education**

Next week (week beginning 14 June), the children in Silver Studded Blues will be completing their Relationships, Sex and Health Education for this year. This will be split into two sections with one part taught to Year 5 and 6 and the other part taught only to Year 6.

Year 5 and 6 will cover:

- What happens during puberty
- How boys' bodies grow and develop, including wet dreams
- How girls' bodies grow and develop, including menstruation
- Understanding how the media portray body image
- Different family structures

Year 6 only will cover:

- Male and female reproductive organs
- How babies are conceived
- Safe and loving relationships
- A baby's needs and how to look after them
- Different ways of creating a family unit

As well as the opportunity to discuss and ask questions, the children will watch clips and complete appropriate tasks with the aim of increasing their understanding and encouraging them to ask questions when they are unsure.

If you have any further questions regarding RHSE, please contact the school office and I will endeavour to answer your questions as best that I can.

Kind regards,

Miss Scrutton

Silver Studded Blues Class Teacher