



May 2021

Dear Parents and Carers,

This letter is about health education for Y6. Usually, we offer you the opportunity to attend an information evening on the content, which includes watching the DVD shown to the children and answering any questions. Given the current situation, we cannot do this, but we feel this is an important part of their learning and that they should have these sessions before secondary school. We will be providing these sessions in their classes.

Here is an outline of the content.

### **07.06.21 Programme 1 – The Same but Different:**

This programme is a general introduction to our Health Education topic. It covers:

- Relationships, e.g. marriage, family, friends
- Differences between boys and girls, e.g. choice of clothes, toys, playground games
- Children talking about who they play with and who they are friends with
- Growing up and being allowed more independence

### **08.06.21 Programme 2 – Changes:**

This programme explores changes that occur as we grow up including:

- That our bodies change as we grow
- That our emotions and relationships change as we grow
- Why males and females have different sexual organs and the proper names for the sexual organs

### **09.06.21 Programme 3 – Girl Talk:**

This programme covers the main changes experienced by girls at puberty including:

- Physical changes experienced by both sexes, e.g. spots, hair, sweat
- Physical changes exclusive to girls, e.g. breasts, menstruation
- Emotional changes experienced, e.g. fancying people, mood swings

#### **10.06.21 Programme 4 – Boy Talk:**

This programme covers the main changes experienced by boys at puberty including:

- Physical changes experienced by both sexes, e.g. spots, hair, sweat
- Physical changes exclusive to boys, e.g. voice breaking, wet dreams
- Emotional changes experienced, e.g. fancying people, mood swings

#### **14.06.21 Programme 5 – How Babies are Made:**

This programme revisits the different types of relationships that people have including friendships, family relationships, and adult relationships including marriage, co-habiting and homosexual couples.

The programme explains how babies are made using animations of ovulation, intercourse and fertilisation, as well as a microscopic view of fertilisation.

#### **15.06.21 Programme 6 – How Babies are Born:**

This programme explores pregnancy and birth. It includes how a foetus develops throughout pregnancy and film of a woman in labour and her baby being born. The programme also discusses the care of new born babies.

The materials we are using can be viewed here:-

Living and Growing:

[https://www.youtube.com/watch?v=S9q\\_x4AUrb8](https://www.youtube.com/watch?v=S9q_x4AUrb8)

(YouTube has placed a restriction on this video so you will need a YouTube account to view)

Living and Growing Alternative 1:

[https://www.youtube.com/watch?v=crNyTtlD\\_p0](https://www.youtube.com/watch?v=crNyTtlD_p0)

We believe that we can teach these sessions sensitively and hope that you will be happy with this arrangement.

Yours faithfully



**Mr Godwin**



**Mr Styles**