

## **The Federations of Beckwithshaw, Kettlesing Felliscliffe and Ripley Endowed CE Primary Schools**

10<sup>th</sup> March 2026

Dear Parents and Carers of Year 5 and Year 6 Pupils,

### **Puberty and Sex Education Lessons**

I am writing to let you know that, our Year 5 and Year 6 children will be taking part in lessons which will focus on the relationships and sex education (RSE) aspect of our PSHE curriculum in the Summer Term. Miss Lear will be delivering these lessons to the children in PSHE lessons starting Tuesday 24<sup>th</sup> April 2025.

This will include learning about:

- **Healthy relationships**
- **Changes during puberty in boys and girls**
- **Personal hygiene**
- **Changing feelings, becoming more independent & keeping safe**
- **Developing self-esteem and confidence**

The Year 6 children will also be taught the following aspect of the curriculum:

- **How babies are made**


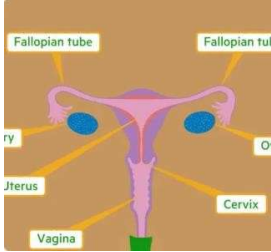

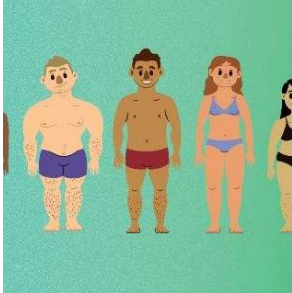

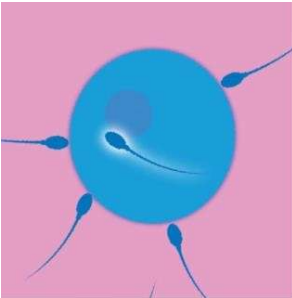
This part of growing up can be a tricky time for children, with changes in their bodies and their attitudes, as they begin the development into adulthood – you may have already noticed this at home. If they do not understand what it is happening, it can be quite worrying, and it is perfectly normal for them to be curious about these changes.

The content of the lessons is planned in consultation with, and following guidance from North Yorkshire Local Education Authority. It covers the sorts of changes the children will experience as they go through puberty, as well as how babies are conceived. The children will be given the opportunity to ask questions (in class and on an individual basis); and lessons are delivered by a trusted adult, who will answer their questions in a sensitive way, as underpinned by our school vision and culture.

They will be based on the Kapow RSE scheme, which, as a school, we follow. The class will be separated into single year groups where the content is deemed not age-appropriate for Year 5.

The lesson plans are attached and if you wish to view the video content, we can arrange for you to come into school to do so.

Each video is only a few minutes long and the information is clear and age-appropriate.

<p><b>Puberty</b> To understand physical changes during puberty  <b>Menstruation</b> To understand the menstrual cycle  <b>Emotional changes in puberty</b> To understand emotional changes during puberty</p>	<p><b>Year 5 and 6 children</b></p>	  
<p><b>Physical and emotional changes of puberty</b>          To understand the changes that happen during puberty  <b>Conception</b> To understand the biology of conception  <b>Pregnancy and birth</b>          To understand the development of the baby during pregnancy</p>	<p><b>Year 6 children</b></p>	  

We aim to deliver relationships and health education, which is current, evolving, age- and developmentally-appropriate, and respectful of each pupil's cultural and religious background, putting in place the key building blocks of healthy, respectful relationships. It gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives

in addition, meet their full potential. It gives them factual knowledge, rather than information which may not be accurate, from friends, the internet or other sources.

Some aspects of the DFE requirements for Relationships and Health Education overlap with the National Curriculum for science, which is a statutory part of the primary curriculum, and it is **not** possible to withdraw your child from these lessons:

- The main external parts of the human body
- Changes as we grow birth to old age - including puberty - and the reproductive process in some plants and animals (which the children have already covered).

However, you **do** have the right to withdraw your children from any non-statutory aspects of the Sex Education curriculum, which covers learning about sexual intercourse. This is covered in two lessons which we will only be sharing with Year 6 – conception and pregnancy and birth.

Please can Year 6 parents email [Ripleyadmin@rbk.n-yorks.sch.uk](mailto:Ripleyadmin@rbk.n-yorks.sch.uk) to confirm you have read this letter. If you wish to withdraw your Y6 child from the two lessons that cover sexual intercourse, please confirm this in writing in the same email.

If you have any concerns or would like to discuss the content of the lessons further, please contact your child's class teacher Mrs Lorains, or myself.

Very Best Wishes

Miss A Brown  
PSHE/RSE Federation Lead  
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