



ALL SAINTS SCHOOL  
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Directors: Mrs J Gardiner and Mrs R Smith  
Headteacher: Ms S Dangerfield

Monday 23<sup>rd</sup> May 2022

Dear Parents/Carers,

This term we will be delivering Sex and Relationships Education to the Upper Juniors during RSHE lessons.

Topics will include:

- Identifying the external genitalia and internal reproductive organs in males and females and how the process of puberty relates to human reproduction
- Learning about the physical and emotional changes that happen when approaching and during puberty (including menstruation, key facts about the menstrual cycle and menstrual wellbeing, erections and wet dreams)
- How hygiene routines change during the time of puberty, the importance of keeping clean and how to maintain personal hygiene
- The processes of reproduction and birth as part of the human life cycle; how babies are conceived and born (and that there are ways to prevent a baby being made); how babies need to be cared for

We will be following the National Curriculum and all lessons will be planned and delivered with sensitivity.

If you have any concerns or questions, please contact the school office.

Yours sincerely,

Mr Slater