



Cockerham
Parochial Church of England
Primary School

April 2026

Dear Parent/Carer,

Year 6 (Eng) P7 (Sco) 'Growing and Changing' Relationships and Sex Education Unit

Promoting the health and well-being of our pupils is an important part of children's overall education. We do this through our Personal, Social and Health and Economic (PSHE) curriculum. This looks at many topics including physical and emotional health, all kinds of relationships, and living in the wider world.

In our school we focus on part of our SCARF PSHE scheme to deliver some of the Relationships and Sex Education (RSE) aspects of our PSHE programme to Year 6 children. It became a legal requirement in September 2020 for Relationships and Sex Education to be taught across the school, in an age and developmentally appropriate way. The design of the programme has taken into account the requirements of the statutory guidance, up-to-date best practice guidance, and the needs of our children in supporting them with their transition to secondary school.

The lessons delivered to our pupils will focus on body changes and keeping safe. Your Year 6 child will be exploring these themes by examining the following questions:*

- How will my body and emotions change as I approach and move through puberty?
- Why are girls' and boys' bodies different?
- How do humans reproduce?
- Can people of the same sex love each other? Is this okay?
- How do I feel about growing up and changing?
- What kind of physical contact is unacceptable and how should I respond?
- How can I say 'no' to someone and keep myself safe?
- What are personal boundaries?
- Who can I talk to if I feel uncomfortable, or if someone isn't respecting my personal boundaries?
- Who can I talk to if I want help and advice or am worried about someone else?

During these lessons, correct vocabulary will be taught and shared with your child. Appropriate questions that arise from the children during the lessons will be answered honestly and factually. Each pupil's privacy will be respected, and no one will be asked to reveal personal information. All resources that will be used have been reviewed by the school for their suitability and have been tailored to suit our children's needs.

We recognise that parents and carers play a vital part in their child's RSE, and we encourage you to look at this parent's support page for further support and ideas.

<https://www.coramlifeeducation.org.uk/rse-for-Y6-and-P7>

If you have any questions about the programme or would like to know which lessons you can request that your child is withdrawn from, please do not hesitate to speak to your child's class teacher or the Headteacher.

If after reading this letter you have any questions about the programme, please do not hesitate to contact the school via your class teacher.

Yours Sincerely

Mrs Hutchins
Headteacher